

HANDBOOK  
OF  
SCHOOL  
GYMNASTICS

BARON NILS POSSE

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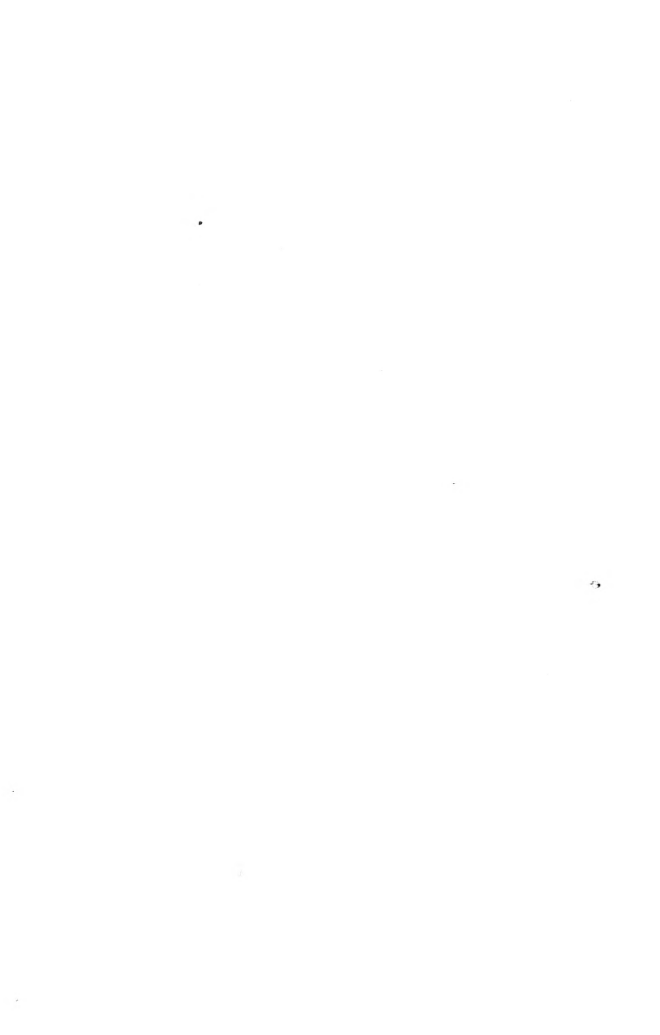
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By Baron Nils Posse

THE SWEDISH SYSTEM  
OF  
EDUCATIONAL GYMNASTICS

*264 ILLUSTRATIONS*

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HANDBOOK  
OF  
SCHOOL-GYMNASTICS  
OF THE  
SWEDISH SYSTEM

WITH 100 CONSECUTIVE TABLES OF EXERCISES  
AND AN APPENDIX OF CLASSIFIED  
LISTS OF MOVEMENTS

BY

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HANDBOOK OF SCHOOL-GYMNASTICS OF THE SWEDISH  
SYSTEM

TYPOGRAPHY AND ELECTROTYPING BY  
C. J. PETERS & SON, BOSTON

## PREFACE

THE history of Swedish gymnastics in America may be said to have begun with the work of Dr. George H. Taylor, who, after studying in Sweden, introduced the "movement cure" into this country, and who for years was the only American writer on this subject. He was soon followed by stray medical gymnasts who located in the larger cities of the East. Yet their work seems to have been confined to a small area, for as late as seven years ago very little was known of medical gymnastics even among physicians; and as for the educational branch, no one seemed to have heard of it. The author of this book was surprised to find his profession looked upon as one of the lowest. That a masseur or gymnast needed to possess not only a good general education, but a professional one as well, was known to but few. During the last five years, however, gymnastics have been slowly, but surely, advancing towards a place among the sciences, and it will not be long before we shall begin to see a marked change in the national characteristics.

In 1887 the author published a little pamphlet entitled "Medical Gymnastics," which chanced to fall into the hands of a noted philanthropist. Her attention having been thus called to the subject, in 1888

she secured the services of the author to demonstrate Swedish gymnastics to a class of teachers from the Boston public schools; and the experiment proved so successful that another class composed of masters of Boston schools was placed under the same instruction, and from this beginning was developed a school of gymnastics, of which the author became director. The next year one hundred teachers were given free instruction in this school, the masters' class was continued, and various practice classes were formed. Besides being the sole instructor for all these classes, the author was given the work of introducing Swedish gymnastics into the Boston Normal School, where daily all the pupils came under his instruction. Moreover, during all this time the author was giving various public lectures on the subject, and was called before the school committee of Boston to explain the system, and present arguments in its favor. After much discussion, and notwithstanding great opposition, Swedish gymnastics became officially authorized in the Boston schools in June, 1890; but it is to be remembered that in many of the schools the system had already been taught for over a year. Previous to this start in Boston, attempts had been made by untrained teachers in one or two other cities to bring the system to the front, but no prominence had been given to their efforts.

With this began a new era, and now a curious thing occurs. Everybody attempts teaching Swedish gymnastics, and one has only to be a Scandinavian to be considered competent to teach this subject. That the system has survived in this country under such cir-

cumstances stands greatly to its credit. We have witnessed the strange spectacle of city after city adopting the system, and (with one or two exceptions) securing poorly trained teachers to introduce it, and afterwards wondering at the bad results attained. The arrogance of some teachers has even gone so far that they deny all authority but their own. Even the word of the late Prof. Hj. Ling (the son of P. H. Ling), whom the Swedes rank foremost, has no weight with them, and the laws of the human body they regard as being of no consequence whatever.

Since severing his connection with the Boston School of Gymnastics, the author has been enabled to propagate the system on a larger scale from a school of his own; and, at the urgent solicitation of his pupils, has decided to publish what he had been saving for riper times, — a manual which is the result of five years' work, and a much longer period of investigation.

The author objects most sincerely to making teachers into machines, and desires that this book be merely a guide for those who are already familiar with the subject, and who can couple their individuality to that of another, and who are teachers, not imitators. The tables have been arranged so as to suit all the conditions of a school; and with the progressive lists at the end of the book, a teacher of gymnastics can easily expand the tables so as to make them correspond to any conditions under which he is teaching. Those who desire to learn more about the rationale of the system are referred to "The Swedish System of Educational Gymnastics" (published by Lee & Shepard),

and "The Scientific Aspect of Swedish Gymnastics" (Posse Gymnasium, Boston), by the same author.

Although this book is in a measure a new departure, it is based upon the writings of Hj. Ling (who was professor of educational gymnastics at the R. G. C. I. when the author took his first year's course there) and upon the teaching of the present faculty of the Royal Gym. Cent. Inst. of Stockholm, the only recognized authorities on this subject.

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## FUNDAMENTAL PRINCIPLES AND ADVICE TO THE TEACHER

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§ 1. **Definition.** The aim of educational gymnastics is to develop the body into a harmonious whole under the perfect control of the will. It is not to produce great bulk of muscle, but to cause that already present to respond readily to volition; to improve the functional activity of the body; and to counteract and correct tendencies to abnormal development, especially those resulting from "the artificial life of civilization."

§ 2. A gymnastic movement has a definite space, time, velocity, force, and purpose; and it must be executed with full volition in order to produce the utmost effect toward physical development. Movements performed automatically have but little effect in this direction.

§ 3. **Choice of Exercise.** Movements

are chosen for physical and physiological effects — local or general; so that only those exercises are used whose effects are needed, and those are excluded whose effects are doubtful or pernicious. No teacher should attempt to apply a movement which he does not fully understand. No exercise should be used because “it looks pretty.”

§ 4. The more an exercise has the “corrective” effect, indicated in § 1, the greater is its value.

§ 5. **The Dose.** To be developing, gymnastics must be systematic: Exercise should be taken in correct “doses” with regular intervals, and with a progression from the easy and simple to that which is harder and more complicated.

§ 6. From half an hour a day to an hour should be allotted to gymnastics; and it is better to take the whole of this time for one lesson than to distribute it in ten-minute doses over the day. The last arrangement is suitable only for small children as a rest



from study or recitation at the age (kindergarten) where but little is to be expected from gymnastics, Nature herself taking care of the proper development of the body.

§ 7. **Progression** is twofold: (*a*) from exercise to exercise in the same lesson, and (*b*) from the movements of one lesson to those of another.

§ 8. Progression (*a*). Experience having proved that if the exercises in every lesson followed each other in a certain order, better results could be gained, this order was made the basis for the classification of the gymnastic movements, and the following groups were received:—

1. **Introductions.**
2. **Arch-flexions.**
3. **Heaving-movements.**
4. **Balance-movements.**
5. **Shoulder-blade-movements.**
6. **Abdominal exercises.**
7. **Lateral trunk-movements.**
8. **Slow leg-movements.**
9. **Jumping and vaulting.**
10. **Respiratory exercises.**

each lesson containing one or more from each group in the order enumerated. This pre-

supposes the use of apparatus for heaving-movements. In total absence of such apparatus, the following arrangement has been recommended as being more suitable.

1. **Introductions.**
- (2. **Lateral trunk-movement** [T. rot.] )
3. **Substitute for heaving-movement** (A. ext. or 2 A. ext.).
4. **Arch-flexion.**
5. **Balance-movement.**
6. **Shoulder-blade-movement.**
7. **Abdominal exercise.**
8. **Lateral trunk-movement** (T. sidew. flex.).
9. **Jumping.**
10. **Slow leg-movement.**
11. **Respiratory exercise.**

This is the plan usually followed in the tables given in this manual.

§ 9. **Progression** (*b*) is made by keeping the same exercise and making various changes in it, or by using a different and stronger exercise of the same kind.

§ 10. **For** the same movement progression is made by:—

1. Changing the rhythm ; for instance: “Prepare to jump—*ó*ne ! Two ! Three ! Four !”

later becomes "The same — one^two! Three! Four!" or "One! Two^three! Four!" etc.

2. Combining several motions into series or increasing duration of movement. For instance: "Arms forward, sideways and backward stretch — one! Twó! One! Twó! One-Twó!" later becomes "Arms forward, sideways and backward — strétch!" etc.

3. Decreasing the base. For instance, sideways flexion of the trunk at first done with feet astride, is later done with feet together, one foot in advance of the other, etc.

4. Increasing the lever of the weight, as when in arch-flexions we successively use wing, yard, rest, and stretch position of the arms, the weight being the same (the body above the hips).

5. Increasing the weight or the muscular resistance. Examples of the former are the use of dumb-bells, chest-weights, etc. In childhood Nature provides this progression through growth; and art needs to add no external weights, especially as the use of

these involves a twofold progression; viz., increase of the weight and of its lever. Increase of muscular resistance can be accomplished in slow movements by bringing the "antagonists" into play. (For inst., slow 2 A. ext. upw. with elbows drawn well back).

6. Changing the velocity, making rapid movements slow, and slow movements rapid, in the first case producing "antagonistic" resistance, in the last increasing the momentum of the weight (quick T. flex. sidew. etc.).

§ 11. **Considering** the muscular activity, movements should progress from excentric, to concentric, to statical activity. • For instance, yd. *d* stoop st. 2 A. elev. is at first begun from Str. stoop st. pos.

Excentric Contraction = Muscle contracts but grows longer: — gives up to the weight. For instance, rise on tip-toe and bend your knees: — the extensors are allowing the knees to flex.

Concentric Contraction = Muscle shortens, overcomes the weight. For instance, rise

from sitting position : — the extensors stretch the knees.

Statical Activity = Muscle is in active contraction, but grows neither longer nor shorter. For instance, bend the knees to  $90^{\circ}$  and stay in that position.

No position should be used as commencing position for a movement, unless it has previously been practised as final position of some other movement.

§ 12. **Any** exercise may serve as its own progression when repeated at a later period ; for, each time the pupil's ability must have grown, so that he can give the movement better form, and hence get greater effect from it. Perfection is seldom, if ever, reached.

§ 13. **Progression** by taking a different movement involves the laws of leverage as applied to bodily movements. As these belong in the domain of general kinesiology, we will merely indicate the manner of procedure, without going into the details of it : Measure the lever of the force (*a*) (the

median of the muscles used), also the weight ( $W$ ) and its lever ( $b$ ); the muscular force ( $P$ ) needed for equilibrium is then  $= \frac{b}{a} W$ . Applying this to different movements, these can be compared and arranged in order from lighter to stronger.

§ 14. **In** gymnastics, always use the simple before the complicated, that which requires little co-ordination before that which involves the activity of a great many parts at once.

§ 15. Progression should be made as rapid as possible, for the question is to accomplish the most in the shortest time. Yet never leave an exercise until the class can do it as well as their degrees of physical culture at the time will permit. Do not *hurry* for the sake of variety and at the expense of developing effect.

§ 16. **Do not let Gymnastics degenerate into drill**; but remember that movements are practised for their physiological effects, and not to learn the particular "trick" of doing them. On the other hand, when faulty form of motion or posture is caused by

carelessness or indifference and not by physical inability, then drill: repeat the movement until the pupil will do it correctly. Remember that gymnastics should be a recreation, and not a punishment — for as such they will be regarded by those who have for instructor a drill-master instead of a teacher of gymnastics. Too much “drill” produces stiff movements — counteracts grace — and develops automatons instead of supple beings of flesh and blood, full of energy and life. When a child exercises because he is forced to do so, and not because he enjoys it, his movements lack volition, and lose some of their best effects.

§ 17. **Room.** If the exercises are taken in the class-room, this should be kept well swept and dusted; and the windows should be kept open during the exercises, whenever the temperature permits. When the corridors are large enough, these are to be preferred to the class-room for gymnastic purposes. (Some simple apparatus: horizontal bar or stall-bars

could easily be put up here, without spoiling the appearance of the corridor or encroaching much upon the space.) In the warm season a gravelled school-yard forms an excellent gymnasium.

§ 18. **Dress.** No tight or heavy clothing is to be worn during the exercises; turned-down collars (if any), loose jackets, and no suspenders for boys; blouse-waists (no corsets!) and light skirts for girls. Pupils who come to school in unsuitable attire should not be allowed to exercise, as injury may result from the wearing of tight clothing during gymnastics.

§ 19. **Commands.** All exercises are executed to words of command, since this is the best means of securing full volition in the movements; besides, it saves time and improves discipline and order.

§ 20. Commands have two parts: — one preparatory describing the movement, one executory indicating the moment of its performance as well as its velocity. The preparatory command should be spoken slowly and



loudly so that all may fully understand it. A cautionary part may be prefixed warning against the most common faults of execution. The executory command is spoken quickly if the movement is to be rapid (indicated in the tables by acute accent), slowly if it is to be slow. Give a rising inflection in the first case, or when the motion is upward; a falling inflection in the last case, or when the motion is downward.

§ 21. **Make** all commands as short as possible and use as few as possible. Do not read them off like a sermon, but have some variety of tone, and try never to say the same command twice alike. A monotonous voice has a very soporific effect, and after a while but few of the pupils will put any volition into the movements. Do not use commands for the sake of hearing your own voice.

§ 22. **Put** your whole energy into your teaching, but do not become pedantic (see § 16 about drill), as that has an effect similar to that of the somnolent voice. The life,

spirit, and enthusiasm the teacher puts into his work soon become contagious, and the results gained will prove proportionate to his ability in this direction.

§ 23. **At first** let the pause between preparatory and executory command correspond to the length of time required to get volition into the muscles that are going to be active. Later vary its length, so as never to allow the movements to become mechanical. In slow movements it is a good plan to give the preparatory command of the next movement before the first one has been fully completed, as this is a means of securing the best precision. Do not shorten the pause or abbreviate the commands so much as to cause the movements to occur in a slovenly manner or to become incomplete; but remember the words of Gust. Nyblæus that "you may take it for granted that careless gymnastics are no gymnastics, and that dull gymnastics are poor gymnastics."

§ 24. **When** "attention" is ordered insist

upon having attention ; and to secure the highest degree of this let it frequently alternate with rest ("stand at ease" or "in place rest"). *Do not command "attention" unless the class is standing "at ease,"* for too frequent a use of this command will make both teacher and pupils forget its real meaning.

§ 25. **Never** make elaborate corrections while keeping the class in a difficult position ; for, while two or three individuals are being attended to, the rest of the class get tired and lose their good posture. Make the class stand at ease when the individual is being corrected, and then let the whole class repeat the movement. The manual correction takes the least time, and has also the advantage of enabling the teacher to correct more than one at a time : — he can adjust the posture of one pupil while giving verbal corrections to another or to the class as a whole.

§ 26. **Good Language.** Try to use good English when teaching. If the command for a position is "bend," the corresponding com-

mand is "stretch." In a like manner use the words lift and sink, raise and lower, so that the opposites are used for opposite movements. Do not say "upward raise" and "downward sink," as raising is a movement upward, sinking a movement downward, etc. To those having an average knowledge of the requirements of good language these remarks may seem unnecessary. But such phrases have constantly been used in places where Swedish gymnastics are supposed to be taught, and not only that, but these errors have appeared in print as the correct forms of command.

Another point to be observed is not to use very scientific terms when teaching children. Thus do not say "Arm-elevation, heel-elevation and inhalation — one! Two!" but "Arms sideways lift, heels lift and breathe in — one! Sink and breathe out — two;" etc.

§ 27. **Position.** A gymnastic movement consists of a commencing position, a final position, and a chain of intermediate positions; and it is rendered exact when these are

correctly executed. A correct movement can be executed only from a correct commencing position; and its final position, if correct, usually is a proof of exactness of performance. Hence the class should be kept long enough in each position for the teacher to judge of the effect and to make corrections accordingly.

§ 28. **Duration of Movement.** Every movement should be repeated at least three consecutive times to each side before the class proceeds to another movement. To do a movement only once has but little effect. Do not give a movement too long duration (compare § 16), especially if it is powerful in its effects (like the arch-flexions, etc.). All movements should be executed in the simplest manner; stiffness, jerks, or unnecessary flourishes are foreign to rational gymnastics. Take the positions in the shortest way, and make as little "show" as possible. Remember that large, roundabout, and clumsy movements characterize those who lack physical culture.

§ 29. Positions are primary and derived. The primary are five: lying, sitting, kneeling, standing, and hanging. The derived positions are simple and complex; the former being positions of the legs, arms, and trunk, the latter combinations of these.

### § 30. **Positions of the Legs.**

1. **Standing position** or fundamental pos. (st. pos.): Heels together or slightly apart; feet at an angle of  $90^{\circ}$ ; knees straight; hips carried backward, chest forward and well expanded; shoulders held back and down; head erect with chin drawn in; arms along the sides; palms flat on the outside of the thighs and drawn slightly backward; the weight of the body carried well forward. The position should be free from all stiffness. St. pos. is taken at the command "*Attén-tion!*" or, if the class is under attention, but has some other position, the command is "*Posítion!*" when fund. pos. is taken the shortest way. In abbreviations of complex positions "st." refers to all parts not mentioned, and means that these are in fund. pos.

2.  $\frac{1}{2}$  st. pos. (Fig. 3, 1) = one foot is raised from the ground.

3. **Close st. pos.** (Fig. 1, 11): — The feet are turned straight forward, their insides

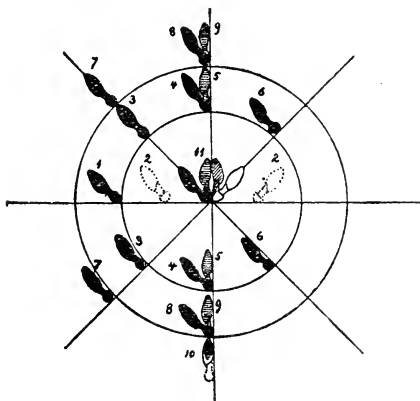


FIG. 1.

touching. Command: "*Feet — close!*" "*Position!*" [or "*Feet — open!*" ] The balls of the feet are raised and not scraped on the ground.

- |   |   |
|---|---|
| 4. <b>Stride st. pos.</b> (Fig. 1. 1 & 2) | $\left\{ \begin{array}{l} \text{line through heels} \\ \text{parallel with one} \\ \text{through shoulders.} \end{array} \right.$ |
| 5. <b>Walk a st. pos.</b> (Fig. 1. 3)     |   |
| 6. " b " " ( " 4)                         | $\left\{ \begin{array}{l} \text{one foot in ad-} \\ \text{vance of the} \\ \text{other.} \end{array} \right.$                     |
| 7. " c " " ( " 5)                         |   |
| 8. " d " " ( " 6)                         |   |

Feet twice their own length apart; both knees straight; weight carried equally by both legs.

Commands for 4: — “ *Left (r.) foot sideways — place!* ” or “ *Feet sideways place — one! Twó!* ”

For 7: — “ *Feet — clóse! Left (r.) foot forward (backw.) — place!* ”

For 5, 6, 8: — “ *Left (r.) foot sideways forward (backw.), forward (backw.), crosswise forward (backw.) — place!* ”

9. **Toe support** } *wlk. b. st. pos. = wlk. st. b.*  
 10. **Heel**        } but distance between feet  
 more than two foot-lengths; backward heel  
 or forward ball raised.

Commands: — 9. “ *Left (r.) foot toe-supporting backward — place!* ”

Commands: — 10. “ *Reft (r.) foot heel-supporting forward — place!* ”

11. **Fallout st. a. b. c.** (Fig. 1, 7, 8 & 9) = one foot in advance of the other; distance three foot-lengths; forward knee bent; backward knee straight; body in a line with the backward leg, unless otherwise ordered.

12. **Fallout st. d.** (Fig. 1. 10) = fallout st. b. except that the distance is more than three



foot-lengths and the backward heel is elevated; trunk erect.

Commands: for *a*: — “*Left (r.) foot sideways forward [backward] — fall-out!*”

Commands: for *b*: — “*Left (r.) foot backward (forw.) — fall-out!*”

Commands: for *c*: — “*Feet — close! Left (r.) foot forw. (backw.) — fall-out!*”

Commands: for *d*: — “*Left (r.) foot, toe supporting, large step backward — place!*”

13. **Hor. (=Horizontal)  $\frac{1}{2}$  st. pos.** = fallout st. *b*, but the backward leg is elevated to horizontal pos., the forward foot alone carrying the weight.

Command: — “*Horizontal half standing position, left (r.) leg backward — lift!*”

14. **Toe st. pos.** = The heels are raised.

Command: “*Heels — lift! (Sink!)*”

15. **Courtesy st. pos.** (Fig. 2, heavy lines) = The heels are raised and the knees bent to right angles.

Command: “*Heels — lift! Knees — bend! (Knees — stretch! Heels — sink!)*”

16. **Courtesy sitt. pos.** (Fig. 2, dotted lines)  
= The heels are raised and the knees bent to  
utmost flexion.

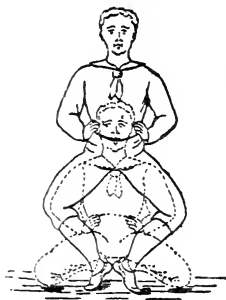


FIG. 2.

Command: "*Heels — lift! Knees — bend! Sit! (Knees — stretch! etc.)*"

17. **Cr.** (= crook) *a*  $\frac{1}{2}$  **st. pos.** (Fig. 3, 2) = One leg raised forward, hip and knee bent at right angles; toes pointing downward.

Command: "*Left (r.) knee upward — bend!*"

18. **Cr. b.**  $\frac{1}{2}$  **st. pos.** (Fig. 3, 3) = One leg raised forward to horizontal pos.; knee straight and instep stretched.

Command: from Cr. *a*  $\frac{1}{2}$  **st. pos.** "*Knee forward — stretch!*"

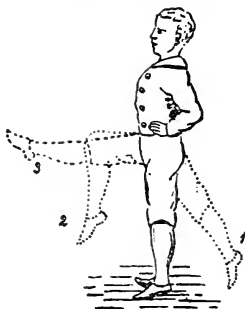


FIG. 3.

19. **Cr.  $b \frac{1}{2}$  courtesy sitt. pos.** = From courtesy sitt. pos. one leg is raised to horizontal pos.

Command: from courtesy sitt. pos. "*Left (r.) leg forw. — stretch!*" from Reach cr.  $b \frac{1}{2}$  st. pos. "*(To sitting position) Right (l.) knee — bend!*"

20. **Kn. (=knee) st. pos.** (Fig. 4). Command: "*Kneel!*" or "*Heels — lift! To sitting, knees — bend! Kneel!*" = Heels together; balls of feet on the floor; knees apart on the floor; hips stretched; body erect.

21.  $\frac{1}{2}$  **Kn. st. pos.** (Fig. 4, dotted lines) = One leg as in kn. st.; the other foot on the floor; leg vertical; thigh horizontal.

Command: "*On the left — kneel!*" or "*Half knee standing on the left knee — place!*" The leg named moves back

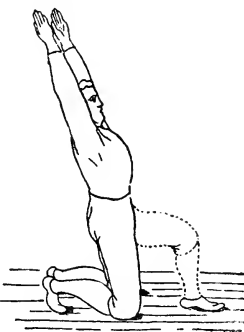


FIG. 4.

as in fallout st. *d* pos. and this knee is gently placed on the floor.

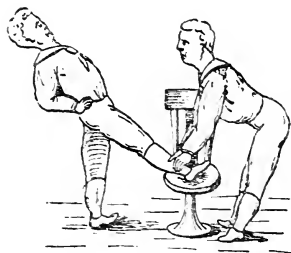


FIG 5.

22. **Footgrasp**  $\frac{1}{2}$  st. (Fig. 5). One foot is inserted forward in some firm apparatus (stall-bars) or placed on a chair and held there by another pupil.

### § 31. **Movements of the Legs:**

1. **Foot placing.** sideways or in any other direction.

Command: "*Left (r.) foot forward (sidew. etc.) — place! Change feet — one! Two!*" or "*Foot placing forward (sidew., etc.), left and right — one! . . . Four! (or Start!)*" etc.

Whenever the feet are moved, they should be lifted, not scraped on the ground. To make a neat motion. raise the heel first, then push off with the ball of the foot; press the foot down without unnecessary noise.

2. **2 Heel elev.** Command: “*Heels — lift! Sink!*” or “*Heel-elev. — one! Two!*” The first movement is rapid, the second slow. Do not come down heavily on the heels.

3. **Alt. toe elev.** Command: “*Alternate toe-elevation (or toe-lifting) — one! Two! . . . (or Stárt! Stóp!)*” As the ball of one foot is raised the other is lowered.

4. **Alt. toe and heel elev.** Command: “*Alternate toe and heel elevation (or lifting) — one! Two! (or Stárt! Stóp!)*” 1=Raise heels. 2=Lower heels and raise balls of feet.

5. **2 Kn. flex.** (=double knee flexion). Command, see § 30, 15 and 16. Knees are turned in direction of feet; trunk and head erect. In courtesy st. pos. heels are held together; in courtesy sitt. they are apart.

6. **L.** (=leg) **elev. sidew.** (Fig. 6) **backw.** (Fig. 3, 1), etc. Command: “*Left (r.) leg sideways (backw., etc.) — lift! Change feet — one! Two!*” The weight being moved over to the carrying leg, the other is slowly

raised without disturbing the general equilibrium. To stand on one foot, sway hips over to that side, but do not bend the trunk.

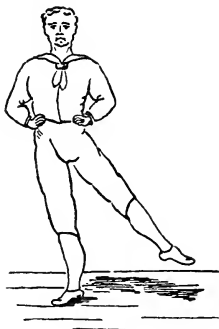


FIG. 6.

7. **Kn. abd.** and **L. abd.**

From cr. *a* or *b*  $\frac{1}{2}$  st. pos.

Command: "*Knee-(or Leg-) abduction — one! Two!*" or "*Knee (Leg) sideways move — one! Two!*"

8. **F. flex.** and **ext.**

From cr. *a*  $\frac{1}{2}$  st. pos.

Command: "*Foot flexion and extension (or foot-bending and stretching) — one! Two!*"

1 = Toes point upward. 2 = Toes point downward.

9. **2 L. swim.** Command: (Lying, forw. ly., or hang.) "*Leg — swim — one—two! Three!*"

1. With heels together, hips and knees are bent to utmost flexion: 2. The legs are stretched apart. 3. The straight legs are brought together.

10. **Facings.** Command: “*Left (r.) — face!*” Turn on the left (r.) heel  $90^{\circ}$  to the left (r.) and support the motion with the ball of the right (l.) foot; then place the right (l.) foot in fundam. pos. beside the left (r.) one.

To turn  $45^{\circ}$  command: “*Left (r.) oblique — face!*”

To turn  $180^{\circ}$  command: “*About (right about) — face!*” These are executed on similar principles.

11. **Marching.** Command: “*Class, forward (backw.) — march!*” Begin by left foot; steps about two foot-lengths; 114 to 116 steps a minute; arms oscillate (from elbows) in rhythm with feet; knee and instep stretched when foot strikes ground.

“*Mark time — march!*” = marching in one place, feet slightly lifted to simulate steps.

“*Short steps — march!*” “*Long steps — march!*” “*Ordinary — march!*” “*On tiptoe — march!*” etc., are self-explanatory.

“*Double-quick — march!*” = running; about 165 steps a minute; chest well forward, head

back ; elbows bent ; forearms horizontal, moving rhythmically forward and backward ; running most elastic when done on tiptoe ; breathe through the nose. To resume ordinary march command : “ *Common time — márch !* ”

“ *Class — hált !* ” One (four if running) more step is taken, and the backward foot is brought down beside the forward one. If marching on tiptoe, halt on tiptoe, then lower the heels. For other commands see Reed’s “ *Infantry Tactics.* ”

### § 32. Positions of the Arms.

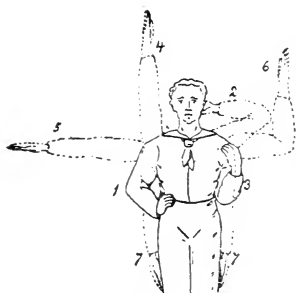


FIG. 7.

1. **Fundamental pos.** (see § 30. 1) (Fig. 7. 7).

2. **Wg. (=wing) pos.** (Fig. 7. 1).

Command : “ *Hips — fírm !* ” Hands grasp middle of waist, fingers in front, thumbs be-

hind ; palms resting on hips ; elbows slightly



backward. Do not *strike* the waist with the hands.

3. **Rest pos.** (Fig. 7. 2). Command: “*Neck — firm!*” Hands locked behind neck; elbows drawn well back. Round-shouldered persons may be allowed to let the tips of the fingers touch instead of as above.

4. **Bend pos.** (Fig. 7. 3). Command: “*Arms upward — bend!*” Forearms are slowly bent until hands, with bent wrists and fingers, are in front of shoulders; elbows kept down, not drawn back. Never jerk the arms up.

5. **Str. pos.** (Fig. 7. 4). Command: “*Arms upward stretch — one! Twó!*” 1 = Bend pos. 2 = Arms stretched to vertical pos., palms turned toward each other and shoulder-width apart. Other commands are: “*Arm extension upward — one! Twó! . . . (or Stárt! Stóp!)*” “*Arms forward upward — lift!*” “*Arms upward — fling! or Armflinging upward — óne! Two!*” etc.

6. **Reach pos.** (Fig. 8. 1). “*Arms forward stretch — one! Twó!*” (or “*Arms forward —*

*lift!*") 1 = Bend pos. 2 = Arms stretched forward to horizontal pos., palms turned toward each other and shoulder-width apart.

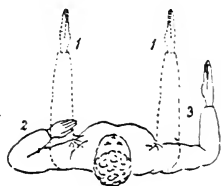


FIG. 8.

7. **Yd.** (= yard) *a. pos.* (Fig. 8. 2). Command : "*Arms forward—bend!*" Elbows, bent to utmost flexion and drawn well back, are on a level with shoulders ; hands, palms

down and in a line with forearms, not touching the chest or each other.

8. **Yd.** *b pos.* (Fig. 8. 3). Command : "*Arms half forward—bend!*" Elbows bent to  $90^\circ$ , and on a level with shoulders ; arms directed sideways : forearms forward ; palms turned toward each other.

9. **Yd.** *c pos.* (Fig. 7. 5). Command : "*Arms sideways—lift!* (or *stretch*)—*one! Two!*" Arms horizontal, directed sideways ; elbows and wrists stretched, palms turned down.

10. **Yd.** *d pos.* Command from **Yd.** *c*,

“*Hands — turn!*” The palms are turned up.

11. **Yd. e pos.** (Fig. 7. 6). Command from Yd. *d* “*To right angles arms — bend!*” or from Yd. *b* “*Arms upward — fling!*” Arms horizontal; elbows bent to 90°; forearms vertical; palms turned toward each other.

12.  $\frac{1}{2}$  str.;  $\frac{1}{2}$  yd. *c*, etc., mean that only one arm takes the position named. In  $\frac{1}{2}$  str. yd.,  $\frac{1}{2}$  str. reach, etc., each arm has a different position.

### § 33. **Movements of the Arms.**

1. **2 A. ext.** (double arm extension), where both arms are stretched simultaneously upward, or sideways, etc. Command: “*Arms upward (sidew., forward) stretch — one! Twó!*” (See § 32, 5, etc.) Flexion should always be slow, extension usually rapid.

*A. ext.*: one arm at a time is stretched, or one stretches while the other bends. For instance,  $\frac{1}{2}$  str. pos. = “*Left (r.) arm upward stretch — one! Twó!*” “*Change arms — one! Twó!*” 1 = Bend pos. 2 = One arm extends upward, the other downward.

2. **2 A. elev. sidew.**, or **sidew. upw.**, etc. Command: "*Arms sideways — lift! Sink!*" or "*Arm elevation sideways — one! Two!*" The arms move the shortest way into the position indicated.

3. **2 A. fling.** Command from Yd. *a* (*b*) pos. "*Arm-flinging sideways (upward) — one! Two!*" 1=Yd. *c* (Yd. *e*) pos. 2=commencing pos.

*Alt. A. fling.* For instance, St. alt. A. fling. upw. (=A. fling to  $\frac{1}{2}$  str. pos.). Command: "*Alternate arm-flinging upward — one! Two!*" (or "*Left (r.) arm upward — fling! Change arms — one! Two!*") 1=One arm moves quickly forward upward into  $\frac{1}{2}$  str. pos. 2=This arm returns to fund. pos. while the other takes  $\frac{1}{2}$  str. pos.

3. **2 A. rot.** (=rotation). See § 32. 10.

4. **2 A. circ.** (=circumduction). Command from Yd. *c*: "*Arm circumduction (or Arm circling) — start! stop!*" The arms are moved in small circles upward backward, downward forward, shoulders and chest partaking of the movement.

5. **2 A. swim.** Command: "*Arm swim — one—two! Three!*" 1=Yd. *a* pos., except that the fingers touch, the palms facing slightly outward. 2=The arms are stretched horizontally forward, the hands touching and facing as before. 3=The straight arms are moved into Yd. *c* pos., the palms turning backward.

### § 34. Positions of the Trunk.

1. **Fund. pos.** See § 30. 1 (Fig. 7).



FIG. 9.

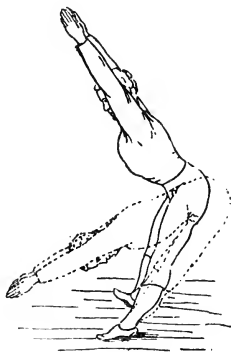


FIG. 10.

2. **Arch pos.** (Fig. 9). Command: "*Trunk backward — bend! (Upward — stretch!)*"

The whole spine is arched backward. Be careful not to bend merely at the waist, and let the head take part in the movement.

3. **Fall pos.** (Fig. 5 and 13). Command = preceding: Trunk is inclined backward, without the spine being arched.



FIG. 11.



FIG. 12.

4. **Stoop pos.** (Fig. 10, heavy lines). Command: "*Trunk forward — bend! (Upward — stretch!)*" The trunk is inclined forward (flexion at hips), chest expanded, head in a line with the body.

5. **Turn pos.** (Fig. 11). Command: “ *Trunk to the left (r.) — turn!* ” The trunk is rotated to the side named.

6. **Rev.** (=reverse) **turn pos.** If one foot is in advance of the other, turn pos. occurs by rotation to the side of the advanced foot, rev. turn pos. by rotation to the opposite side.

7. **Stoop fall.** (=falling) **pos.** (Fig. 14). Command: “ *Stoop falling — one! Two!* ”

1. Courtesy st. pos. and hands turned obliquely inward on floor in front of feet. 2. Feet thrown back, so that body from head to heels becomes a straight line; heels raised. (Chairs may be used.)

8. **Hor.** (=horizontal) **stoop fall. pos.** = stoop fall., but feet are on a level with shoulders (on a bench or other support).

9. **Incl.** (inclined) **stoop fall.** = preceding, but feet are higher than shoulders.

10. **Rev. stoop fall. pos.** = standing on the hands, feet against a wall (or other support), or free in the air.

11. **Side fall. pos.** Command: “ *Side fall-*

ing on the left (r.) hand — one! Two! Three!" 1 and 2 = stoop fall. pos. 3 = body

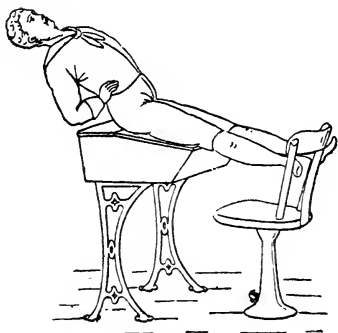


FIG. 13.

turned to face sideways, the left (r.) hand on the ground, the other in wg. pos.; body from head to heels a straight line.

12. **Ly.** (=lying) **pos.** = lying on the back.

13. **Forw. ly. pos.** = lying face down (on the floor; across a bench, chair, etc.).

### § 35. Movements of the Trunk.

1. **Backw. flex.** See § 34, 2 and 3.

2. **Forw. flex.** See § 34, 4.

3. **Forw. downw. flex.** (Fig. 10, dotted lines).



Command from str. st. pos. : “ *Trunk forward, downward — bend !* ” The flexion occurs as far down as possible with maintenance of straight knees, the back and arms in a straight line. (Beginners may be allowed to curve their backs.) “ *Upward — stretch !* ” From str.

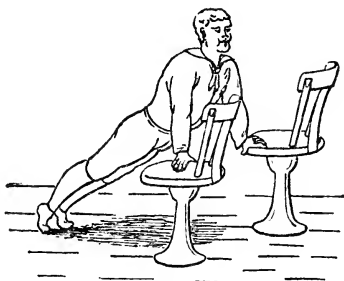


FIG. 14.

stoop st. pos., command: “ *Downward — bend !* ” and “ *Forward — stretch !* ”

4. **Sidew. flex.** (Fig. 12). Command : “ *Trunk to the left (r.) bend !* ” The spine is arched sideways. “ *Upward — stretch !* ”

5. **Rotation.** See § 34, 5 and 6.

### § 36. **Movements of the Head.**

1. **Backw. (forw. sidew.) flex.** Command :

“ *Head backward (forward ; to the left (r.)) — bend ! Upward — stretch !* ” Slowly bend the head as far backward (forw. etc.) as good posture will allow ; when raising it, start movement by drawing in the chin.

2. **Rotation.** Command : “ *Head to the left (r.) — turn !* ” “ *Forward — turn !* ” The movement occurs slowly. These movements secure good posture of the head, and hence affect also that of the chest. The last movement can be done quickly, as in balance movements. Command : “ *Head rotation, left and right — Oné ! Twó ! . . . Forward, turn !* ”

### § 37. **Hanging Positions.**

1. **Over gr.** (= grasp) = hands grasp, palms turned outward.

2. **Under gr.** = hands grasp the farther side of the bar, palms turned inward.

3. **Under hanging** = hands grasp one from each side.

4. **Bend hang.** = arms are bent.

5. **Fall hang.** (Fig. 15) = feet forward on the floor, body inclined backward.

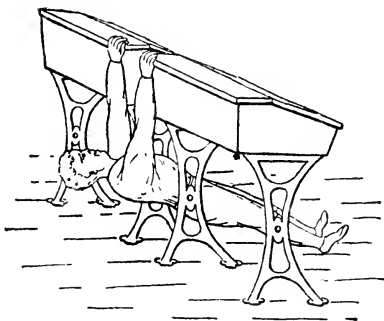


FIG. 15.

6. **Arch. hang.** = feet backward on the floor, body arched backward.

7. **Cr. a hang.** = legs in cr. *a* pos. (compare § 32, 17).

8. **Cr. b hang.** = legs in cr. *b* pos. (compare § 30, 18).

9. **Hor. hang.** = hanging from hand(s) and knee(s).

10. **Bal.** (= balance) **hang.** (Fig. 16) = arms in fundamental pos., supporting the weight; body arched from head to heels.

11. **Cr. a bal. hang.** = bal. hang.; legs in cr. *a* pos.

12. **Cr. *b* bal. hang.** = bal. hang; legs in cr. *b* pos.

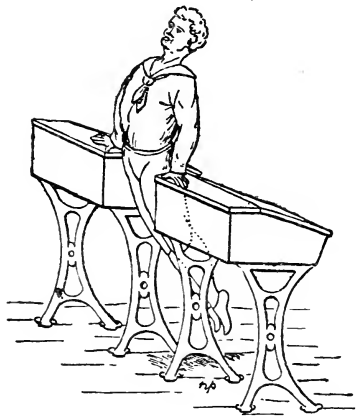


FIG. 16.

13. **Sidew. hang.** = hands in a line vertically, arms straight, body horizontal and facing sideways.

14. **Stoop hang.** = hanging head down.

§ 38. **Introductions** are exercises used at the beginning of a lesson, to secure correct base and equilibrium, and to improve attention and general muscular control. They may be leg-movements, movements for order

and rhythm (facing, etc.). simple respiratory exercises, etc., preferably movements which have been used before, and which hence require but little effort.

§ 39. **Arch-flexions** are backward flexions of the trunk, used to cultivate the extensibility of expiratory muscles (supple the chest). Incidentally they also straighten the dorsal region of the spine, and enlarge the inferior portion of the chest. Arch-flexions may produce a back-ache, to counteract which they should always be followed by a forw. or forw. downw. flex. (determining a greater flow of blood through the legs).

Free-standing arch-flexions are : —

wg. yd. $\frac{1}{2}$ str. wg. rest. str.	$\left\{ \begin{array}{l} \text{turn wlk. } a \text{ st.} \\ \text{wlk. } b \text{ st.} \\ \text{wlk. } c \text{ st.} \\ \text{turn stride st.} \\ \text{close st.} \\ \text{turn st.} \\ \text{st.} \\ \text{turn close st.} \\ \text{stride st.} \end{array} \right\}$	T. backw. flex.
bend arch. bend arch. bend arch. yd. <i>a</i> arch.	$\left  \begin{array}{l} 2 \text{ A. ext. sidew.} \\ \text{alt. A. ext. upw.} \\ 2 \text{ A. ext. upw.} \\ 2 \text{ A. fling.} \end{array} \right.$	

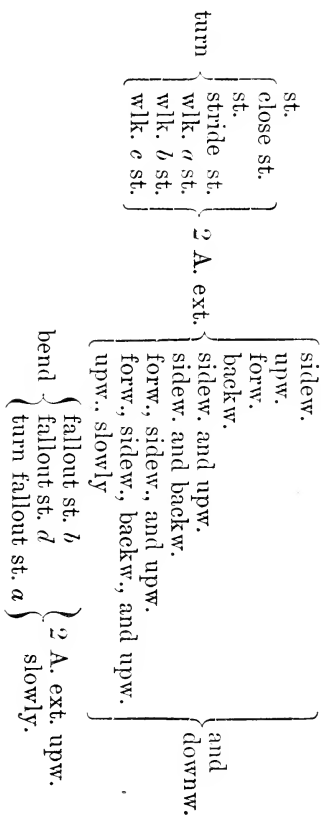
yd. *c* wlk. *b* st. 2 A. fling. and ch. o. F.

yd. *c*. turn wlk. *a* st. 2 A. fling. and ch. o. F.

bend arch st. alt. A. ext. upw. and F. placing  
forw.

str. arch { turn wlk. *a* st. } 2 A. ext., and  
              { wlk. *b* st.         } change of feet.

§ 40. **Heaving-movements** are exercises cultivating the contractility of inspiratory muscles. They develop the upper portion of the chest. True heaving-movements are done on apparatus; free-standing substitutes are : —



Heaving-movements with desks as apparatus are : —

Stoop fall.  $\left\{ \begin{array}{l} 2 \text{ A. flex.} \\ \text{pos.} \end{array} \right\} \begin{array}{l} \text{the hands rest against} \\ \text{the front edges of the} \\ \text{desks, each side.} \end{array}$

Bal. hang.  $\left\{ \begin{array}{l} \text{pos.} \\ 2 \text{ A. flex.} \end{array} \right.$

Fall hang.  $\left\{ \begin{array}{l} \text{pos.} \\ 2 \text{ A. flex.} \\ \text{alt. L. elev.} \end{array} \right.$

Bend fall hang. alt. L. elev.

Bal. cr. hang.  $\left\{ \begin{array}{l} \text{pos.} \\ \text{alt. Kn. ext.} \\ 2 \text{ Kn. ext.} \end{array} \right.$

§ 41. **Balance movements** are leg-movements, involving the activity of those muscles which secure good equilibrium. They have that in common with slow leg-movements, that they lessen arterial tension; and they can be used as slow leg-movements, or as introductions, when they have been practised so long as to cease to produce effort toward equilibrium. Balance movements are : —



wg.  $\left\{ \begin{array}{l} \text{st.} \\ \text{close st.} \\ \text{stride st.} \end{array} \right\} 2 \text{ heel elev.}$   
 yd.  $\left\{ \begin{array}{l} \text{wlk. } a, b, c, d \end{array} \right\}$   
 rest  $\left\{ \begin{array}{l} \text{st. alt. toe elev.} \\ \text{st. alt. toe and heel elev.} \\ \text{close toe st. slow march.} \end{array} \right\}$   
 str.

wg.  $\left\{ \begin{array}{l} \text{st.} \\ \text{stride st.} \\ \text{wlk. } b, a, d, \text{ st.} \end{array} \right\} 2 \text{ Kn. flex. to courtesy}$   
 yd.  $\left\{ \begin{array}{l} \text{st.} \\ \text{stride st.} \end{array} \right\} \text{st. pos.}$   
 str.  $\left\{ \begin{array}{l} \text{st.} \\ \text{stride st.} \end{array} \right\} 2 \text{ Kn. flex. to courtesy}$   
 rest  $\left\{ \begin{array}{l} \text{toe st.} \\ \text{toe stride st.} \end{array} \right\} \text{sitt. pos.}$

wg.  $\left\{ \begin{array}{l} \text{toe st.} \\ \text{courtesy} \left\{ \begin{array}{l} \text{st.} \\ \text{sitt.} \\ \text{stride st.} \\ \text{stride sitt.} \end{array} \right\} \end{array} \right\} \text{H. rot.}$   
 yd.

courtesy st.  $\left\{ \begin{array}{l} 2 \text{ A. ext. sidew.} \\ \text{yd. } a \text{ 2 A. fling} \\ \frac{1}{2} \text{ str. yd. 2 A. ext.} \end{array} \right\}$   
 courtesy sitt.  $\left\{ \begin{array}{l} 2 \text{ A. ext. upw.} \\ \text{yd. } d \text{ 2 A. elev.} \end{array} \right\}$

Bend toe st. 2 A. ext. upw.  $\left\{ \begin{array}{l} \text{yd. } d \text{ toe st. 2 A. elev.} \end{array} \right\} \text{with 2 Kn. flex.}$

wg. fallout st. *a, b, c, d*, pos.

wg.	{	st. L. elev. backw.
yd.		cr. $a \frac{1}{2}$ st. pos.
rest		cr. $a \frac{1}{2}$ st. F. flex. and ext.
str.		cr. $a \frac{1}{2}$ st. Kn. ext. backw.
		cr. $a \frac{1}{2}$ st. Kn. ext. forw.
	cr. $a \frac{1}{2}$ st. Kn. abd.	
wg., rest, str. yd. st. L. elev. sidew.		

Reach cr.  $b \frac{1}{2}$  st. Kn. flex.

wg.	{	hor. $\frac{1}{2}$ st. pos.
$\frac{1}{2}$ str.		
str.		

A majority of these can also be used as slow leg-movements. Special slow leg-movements are : —

wg. fallout st.  $a$ ,  $c$ , heel elev.

Heel support wlk.  $b$  st. T. forw. flex.

Toe support wlk.  $b$  st. Kn. flex.

§ 42. **Shoulder-blade movements** are exercises that “liberate” the arms and shoulder-blades from the thorax and head, securing “isolation” of position and co-ordination of motion in the muscles of this region. Incidentally they poise the shoulders correctly, and broaden the back. Such movements are : —

H. rot.	alt. A. ext. upw.
yd. <i>a</i> 2 A. fling.	$\frac{1}{2}$ str. yd. pos.
yd. <i>c</i> 2 A. rot.	$\frac{1}{2}$ str. reach pos.
yd. <i>c</i> 2 A. circ.	$\frac{1}{2}$ yd. reach pos.
yd. <i>c</i> 2 A. fling forw.	2 A. ext. upw.
2 A. ext. sidew. and backw.	2 A. fling upw.
2 A. swim.	2 A. elev.
	2 A. ext. slowly, etc.

Commencing positions for these movements are : —

st.		fallout st. <i>a, b, c, d.</i>
stoop	{ st.	turn fallout st. <i>a.</i>
	{ stride st.	hor. $\frac{1}{2}$ st.
	{ close st.	
forw. ly.		

§ 43. **Abdominal Exercises** are movements bringing into play the muscles of the abdomen, securing good digestion and support for the viscera. Such movements without apparatus are : —

Stoop fall.	{	H. rot.	rest } $\left. \begin{array}{l} \text{lync} \\ \text{str.} \end{array} \right\}$	{	alt. L. elev.
		foot placing forw.			2 L. elev.
		and backw.			2 L. swim.
		alt. L. elev.			2 L. abd.
		2 A. flex.			
		2 A. flex. and L. elev.			
		alt. A. elev.			
		alt. A. and L. elev.			



wg.	{	close st.	{	T. rot. (slowly).
yd.		st.		
rest		stride st.		
str.		wlk. <i>a</i> st. (also rev. rot.)		
		wlk. <i>b</i> st.		
		wlk. <i>c</i> st. (also rev. rot.)		
		fallout st. <i>a</i> (also rev. rot.)		

yd.	{	stride st. quick T. rot.
str.		

$\frac{1}{2}$ str. rev. turn	{	pos.
fallout st. <i>a</i>		change of arms and feet zigzag, forward or backward.
		change of arms, with rot.

	{	close st.	{	T. sidew. flex. (slowly).	
wg.		stride st.			
$\frac{1}{2}$ str. wg.		st.			
rest		close st.			
str.		wlk. <i>b</i> st.			
yd.		wlk. <i>c</i> st.			
		turn {			stride st.
					wlk. <i>b</i> st.
					wlk. <i>a</i> st.
					st.
		close st.			

wg.	{	fallout st. <i>b</i> .
yd.		
rest		
str.		
rest	{	rev. turn fallout st. <i>a</i> .
str.		
rest	{	stride st. quick T. sidew. flex.
str.		

wg.	{	side fall {	{	pos.
$\frac{1}{2}$ str.				L. elev.

Wheeling.

§ 45. **Jumping and vaulting** exercises cultivate the general elasticity of the body, develop speed, courage, and presence of mind, and produce that general co-ordination of movement which should characterize those who possess physical culture. The “landing” forms the most valuable part of these movements, while height or distance jumped are of secondary importance. Correct landing takes place as follows: the knees are slightly bent when the balls of the feet (with heels together) strike the ground, then rapidly flex until the fall is broken, the arms being used so as to keep the trunk erect. Landing should never occur on the heels, and these must be kept together except for small heights, when they may with impunity be kept apart. While vaulting necessitates apparatus, jumping can be done without it.

These exercises should always be followed by respiratory exercises, and sometimes by marching or other slow leg-movements.

Suitable movements are: —

once, twice, or more times	{	Prep. to jump,	}	jump, at first to counts, later to the command, “ <i>Stárt!</i> ”	
		upw.			
		forw.			
		sidew.			
		backw.			
		90° turn upw.			
		180° turn upw.			
		360° turn upw.			
2 A. fling upw.	{		}		
					2 A. and L. fling upw.

One, two, or three steps' start	{	forw.	}	jump.
		backw.		
		sidew. forw.		
		90° turn, forw.		

wg. wlk. <i>a</i> , <i>b</i> , or <i>d</i> , toe st. change	{	by jumping.
of feet		
change from toe st. to stride toe st.		

wg. stride toe st. upw. jump, feet striking together and landing in stride pos.

wg. }	toe st.	{	quick jump forw. with nearly straight knees.
yd. }	toe $\frac{1}{2}$ st.		

wg. courtesy sitt. jump	{	forw.
	{	sidew.
		etc.

With desks and chairs : —

Jump from chair (from one or both feet).

Vault chairs straight forward or sideways,  
the hands placed on two or one desk.

etc.

(For vaulting exercises see "Swedish System of Educational Gymnastics," by the same author.)

§ 46. **Respiratory exercises** consist of the respiratory movements, accompanied by movements of the arms to increase the expansion of the chest through the inspiratory muscles, the arm movement to follow the rhythm of normal respiration. The commencing position and the movement decide the localization of the effect. Respiratory exercises are always used at the end of a lesson "to prepare for rest," and at any time during the lesson when previous exercises have abnormally quickened the heart-beat and the respiration.

Movements of this class are: —

turn	{	st.	{	2 A. ext. sidew.
		close st.		2 A. fling (from. yd.
		st.		a).
		stride st.		2 A. elev. sidew.
		wlk. a, b, c, d, st.		2 A. ext. to yd. d.
		fallout st. a, b, c, d.		2 A. elev. from yd. d.
turn	{	fallout st. a.	{	2 A. elev. forw. upw.
				2 A. elev. sidew. upw.
				2 A. circ. (yd. c).



yd. *a* st. 2 A. fling, and F. placing forw.  
yd. *a* walking 2 A. fling.

close st. }  
st. } 2 A. elev. with T. rot.  
stride st. }

yd. arch st. { 2 A. fling (yd. *a*).  
                  { 2 A. circ. (yd. *c*).  
                  { 2 A. fling, and F. pl. forw.

yd. *c* arch wlk. *b* st. 2 A. circ.

st. 2 A. elev. sidew. }  
yd. *d* st. 2 A. elev. } with 2 heel elev.  
st. 2 A. elev. forw. upw. }  
st. 2 A. elev. sidew. upw. }

st. 2 A. elev. sidew. }  
yd. *d* st. 2 A. elev. } with 2 kn. flex.

yd. *d* courtesy sitt. 2 A. elev.

yd. *d* toe st. 2 A. elev. }  
st. 2 A. elev. sidew. upw. } with 2 kn. flex.

## ONE HUNDRED PROGRESSIVE TABLES OF EXERCISES.

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EACH table is intended to be used daily for a week at a time. The transition from one to the next one is best done by adopting one new exercise at a time, and not by substituting one whole table for another. Each exercise should be executed three (or more) times to each side, and should appear in at least two consecutive lessons in order to have any effect toward physical development.

The tables are arranged so that the exercises can be taken in the hall, corridor, or school-room. They contain some movements with desks and chairs as apparatus; parallel with these, "free" exercises have been put in as substitutes, so that all the conditions of a school may be suited. Exercises such as kneeling, stoopfalling, etc., are to be introduced only when the condition of the floor is such as not to ruin the children's clothing; under other circumstances they should be omitted.

I.

1. **Fund. pos.** (§ 30, 1). "Attention! Stand — at éase!"
2. **Close st. pos.** (§ 30, 3). "Feet — clóse! Feet — ópen! The same — óne! Twó!"
3. **Wg. st. pos.** (§ 32, 2). "Hips — firm! Posítion!"
4. **Bend st. pos.** (§ 32, 4). "Arms upward — bend! Downward — strétch!"
5. **Wg. st. T. backw. flex.** (§ 34, 2, 4). "Hips — firm! Slightly, trunk backward — bend! Upward — stretch! . . . Forward — bend (look at the ceiling)! Upward — stretch!" . . .
6. **Wg. st. 2 Heel-elev.** (§ 31, 2). "(Hips — firm!) Heels — lift! Sink! The same — óne! Two! . . . Posítion!"
7. **Yd. a st. pos.** (§ 32, 7). "Arms forward — bend! Posítion!" . . .
8. **Facing 45°** (§ 31, 10). "Right (L.) *oblique* — fáce!" or "Right (L.) *oblique* face — one! Two!"
9. **Wg. close st. T. rot.** (§ 34, 5). "Feet — clóse! Hips — firm! Trunk to the left (r.) — turn! Forward — turn!"
10. **Wg. close st. 2 Heel-elev.** (§ 31, 2). "(Hips — firm! Feet — clóse!) Heels — lift! Sink! The same — óne! Two! . . . Posítion!"
11. **2 A. ext. sidew.** (§ 32, 9). If in the schoolroom, command first, "Right (L.) *oblique* — fáce!" then, "Arms sideways stretch — one! Twó! The same — one! Twó! . . . Downward stretch — one! Twó!"

## II.

1. **Wg. stride st. pos.** (§ 30, 4). "Hips—firm! Feet sideways place—óne! Twó! Feet together place—óne! Twó!" (For little folks the movement may be changed into "Feet apart—óne! Feet together—twó! The same—óne! Twó!" the movement occurring by jumping.)

2. **Wg. st. H. flex. backw.** (§ 36, 1). "(Hips firm!) Head backward—bend! Upward—stretch! The same—bend! Stretch! Position!"

3. **St. 2 A. ext. upw.** (§ 33, 1). "Arms upward stretch—óne! Twó! The same—óne! Twó! . . . Downward stretch—óne! Two!"

4. **Wg. st. T. backw. flex.** (§ 35, 2). "Hips—firm! Trunk backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch!" . . .

5. **Wg. st. 2 Kn. flex.** (§ 30, 15). "(Hips—firm!) Heels—lift! Knees—bend! Knees—stretch! Heels—sink! The same—óne! . . . Four!"

6. **Yd. a st. 2 A. fling** (§§ 32, 7, and 33, 3). "Arms forward—bend! Arm—flinging sideways—óne! Two! Óne! Two! . . . Position!" (If between desks and chairs, command first: "Left (*r.*) *oblique*—face!" And after the movement: "Right (*l.*) *oblique*—face!")

7. **Facing 90°** (§ 31, 10). "Right (*l.*)—face!"

8. **Marching in place** (§ 31, 11). "Hips—firm! Mark time—márch! . . . Hált!"

9. **Wg. stride st. T. sidew. flex.** (§ 35, 4). "(Hips—firm!) Feet sideways place—óne! Twó! Trunk to the left—bend! Upward—stretch! To the right—bend! Upward—stretch!" . . .

10. **Feet closing rhythmically** (§ 30, 2). "(Hips—firm!) Feet close and open—óne! Twó! Óne! Twó! . . . Position!"

11. **St. 2 A. ext. sidew.** (§ 33, 1). "Arms sideways stretch—óne! Twó! The same (breathe out)—óne! (Breathe in) Twó! . . . Arms downward stretch—óne! Twó!" In the schoolroom command first: "Right (*l.*) *oblique*—face!"

### III.

1. **Wg. st. H. flex. backw.** See II., 2.

2. **Wg. wlk. b st. pos.** (§ 30, 6). “(Hips—firm!) Left (r.) foot forward—place! Change feet—óne! Twó! The same—óne! Twó! . . . Posítion!”

3. **St. 2 A. ext. forw.** (§ 33, 1). “Arms forward stretch—óne! Twó! The same—óne! Twó! . . . Sideways stretch—óne! Twó! Posítion!” (The arms move the shortest way into fund. pos.)

4. **Wg. stride st. T. backw. flex.** (§ 34, 2). “Hips—firm! Feet sideways place—óne! Twó! Trunk backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch! . . . Posítion—óne! Twó!” (The arms take fund. pos. as the last foot moves.)

5. **Wg. st. 2 Kn. flex.** See II., 5.

6.  $\frac{1}{2}$  **str. st. pos.** (§ 33, 1). “Left (r.) arm upward stretch—óne! Twó! Change arms—óne! Twó!” (1=bend st. pos., 2=right arm up, left arm down.) . . . “Posítion!”

7. **Facing 180°** (§ 31, 9). “About (Right about)—face!”

8. **Side step.** “One step to the right (l.)—márch!” In the schoolroom command first: “Right (l.)—face!”

9. **Wg. st. T. rot.** (§ 35, 5). “Hips—firm! Trunk to the left (r.)—turn! Forward—turn! To the right (l.)—turn! Forward—turn!” . . .

10. **Wg. wlk. b st. 2 Heel-elev.** (§ 31, 2). “(Hips—firm!) Left (r.) foot forward—place! Heels—lift!” (The weight equally on both feet, not on the forward foot alone.) “Sink! . . . Change feet—óne! Twó! Heels—lift! Sink! . . . Posítion!”

11. **Yd. a st. 2 A. flg.** (§ 33, 3). “Arms forward—bend! Arm flinging (breathe in)—óne! (Breathe out) twó! . . . Posítion!” In the schoolroom command first: “Right (l.) *oblique*—face!”

## IV.

1. **Wg. st. H. rot.** (§ 36, 2). "Hips—firm! Head to the left (r.)—turn! Forward—turn! To the right (l.)—turn! Forward—turn!" . . .

2. **Wg. wlk. a st. pos.** (§ 30, 5). "(Hips—firm!) Left (r.) foot sideways forward—place! Change feet—*óne!* *Twó!* The same—*óne!* *Twó!* . . . Position!"

In the schoolroom command: "Right (l.) *oblique*—face! Hips—firm! Left (r.) foot sideways forward—place! Change—*óne!* *Twó!*" . . . At "Two!" the same foot takes *wlk. a pos.* "Position! Left (r.)—face! Hips—firm! Right (l.) foot sideways forward—place!" etc.

3. **St. 2 A. ext. backw.** (§ 33, 1). "Arms backward stretch—*óne!* *Twó!* The same—*óne!* *Twó!* . . . Position!"

4. **Wg. stride st. T. backw. flex.** See III., 4.

5. **Wg. wlk. b st. 2 Kn. flex.** (§ 30, 15). "Hips—firm! Left (r.) foot forward—place! Heels—lift! Knees—bend! Knees—stretch! Heels—sink! The same—*óne!* . . . Four! . . . Change feet—*óne!* *Twó!* Heels—lift! Knees—bend!" etc.

6. **St. alt. A. fig. upw.** (§ 33, 3). "Left (r.) arm upward—fling!" (The arm moves straight forw. upw.) "Change arms—*óne!* *Twó!*" . . . (One arm moves forw. upw., while the other moves forw. downw.) "Position!"

7. **Marching in place** (§ 31, 10). "Mark time—márch! . . . Halt!"

8. **Wg. st. T. sidew. flex.** (§ 35, 4). "Hips—firm! Trunk to the left (r.)—bend! Upward—stretch! To the right (l.)—bend! Upward—stretch!" . . .

9. **Wg. st. prep. to jump** (§ 31, 5). "(Hips—firm!) Prepare to jump—*óne!* *Twó!* *Thré!* Four! The same—*óne!* . . . Four! . . . Position!"

10. **Yd. a st. 2 A. fig.** See III., 11.

## V.

1. **Wg. st. H. rot.** See IV., 1.
2. **Wg. wlk. c st. pos.** (§30, 7). “(Hips — firm!) Feet — close! Left (r.) foot forward — place! Change feet — one! Twó! The same — one! Twó! . . . Position!”
3. **St. 2 A. ext. sidew., upw., or forw.** (§ 33, 1). In the schoolroom command first: “Right (l.) *oblique* — face!” Then “Arms sideways (upw., forw.) stretch — one! Twó!” . . . Vary the direction often enough to prevent the movement from becoming automatic.
4. **Wg. wlk. b st. T. backw. flex.** (§ 35, 2). “Hips — firm! Left (r.) foot forward — place! Trunk backward — bend! Upward — stretch! . . . Forward — bend! Upward — stretch! . . . Change feet — one! Twó! Trunk backward — bend!” etc.
5. **Wg. st. L. elev. backw.** (§ 31, 6). “(Hips — firm!) Left (r.) leg backward — lift! (Head high; do not bend the body forward.) Change feet — one! Twó! . . . Foot down — place!”
6. **Wg. stoop stride st. H. rot.** (§ 36, 2). “(Hips — firm!) Feet sideways place — one! Twó! Trunk forward — bend! Head turning (*or* head rotation) left and right quickly — one! Twó! . . . Head forward — turn! Trunk upward — stretch! Position — one! Twó!”
7. **March step forw. and backw.** “One step forward — márch! One step backward — márch!” . . .
8. **Wg. stride st. T. rot.** (§ 35, 5). “Hips — firm! Feet sideways place — one! Twó! Trunk to the left (r.) — turn! Forward — lift! To the right (l.) — turn! Forward — turn!” . . .
9. **Wg. st. prep. to jump.** See IV., 9.
10. **Wg. wlk. c st. 2 Heel-elev.** (§ 31, 2). “(Hips — firm!) Feet — close! Left (r.) foot forward — place! Heels — lift! Sink! The same — one! Twó! . . . Change feet — one! Twó! Heels — lift!” etc. (The weight should be equally on both feet.)
11. **St. 2 A. elev. sidew.** (§ 33, 2). In the schoolroom command first: “Right (l.) *oblique* — face!” Then, “Arms sideways — lift! Sink! The same, breathe in — one! Breathe out — two!” . . .

## VI.

1. **Wg. st. H. sidew. flex.** (§ 36, 1). "Hips—firm! Head to the left (r.)—bend! Upward—stretch! To the right (l.)—bend! Upward—stretch!" . . .

2. **Wg. wlk. d st. pos.** (§ 30, 8). For small children substitute III., IV., V., 2. For others command: "(Hips—firm!) Left (r.) foot crosswise forward—place! Change feet—one! Twó! The same—one! Twó!" . . . If in the schoolroom, the command will be: "Right (l.) oblique—face! Hips—firm! Right (l.) foot crosswise forward—place! Change—one! Twó!" . . . (1=fund. pos.; 2=wlk. d st., with the same foot.) "Position! Left (r.)—face! Hips—firm! Left (r.) foot crosswise forward—place! Change—one! Twó!" . . .

3. **Bend st. alt. A. ext. upw.** (§ 33, 1). "Arms upward—bend! Alternate arm-stretching (or extension) upward, left first—one! Twó!" . . . While one arm bends, the other other stretches. "Position!"

4. **Wg. wlk. b st. T. backw. flex.** See V., 4.

5. **Wg. courtesy st. H. rot.** (§ 30, 15). "(Hips firm!) Heels—lift! Knees—bend! Head-turning (or rotation), left and right quickly—one! Twó! . . . Knees—stretch! Heels—sink! Position!"

6. **Yd. c st. 2 A. rot.** (§ 32, 10). "Arms sideways—lift Hand turning—one! Twó!" . . . (1=yd. d; 2=yd. c. "Position!")

7. **Wg. close toe st. slow march** (§ 31, 10). "Hips—firm! Feet—close! Heels—lift! Slowly forward march—one! Two! One! Two! . . . Position!"—In the schoolroom let the pupils first take a few steps backward in the aisles, so as to get sufficient space. After marching as far as space admits, let them face the rear and repeat the movement.

8. **Wg. close st. T. sidew. flex.** (§ 35, 4). "Hips—firm! Feet—close! Trunk to the left (r.)—bend! Upward—stretch! To the right (l.)—bend! Upward—stretch! . . . Position!"

9. **Prep. to jump** (§ 30, 15). "Prepare to jump—one! Two! Three! Four! The same—one, twó! Three! Four!" . . . The arms should hang vertical behind the thighs as the knees bend. Change the rhythm each time, so as to secure utmost volition.

10. **Wg. stride st. 2 Heel-elev.** (§ 31, 2). "Hips—firm! Feet sideways place—one! Twó! Heels—lift! Sink! The same—one! Twó! . . . Position—one! Twó!"

11. **St. 2 A. elev. sidew.** See V., 11.



## VII.

1. **Facings** (§ 31, 10).
2. **Yd. c stride st. pos.** (§ 32, 9; 30, 4). To avoid collision in the schoolroom command: "From aisle to aisle, count—twós! Even aisles, a short step backward—márch!" Then, "Feet sideways place and arms sideways stretch—one! Twó!" (1=left foot moves and arms bend; 2=right foot moves and arms stretch.) "Position—one! Twó!" (=previous movement). Or, for little folks command: "Feet apart and arms out—one! Back again—twó!" (Compare II., 1.)
3. **Bend st. alt. A. ext. forw.** (§ 32, 6). "Arms upward—bend! Alternate arm-extension (*or* stretching) forward, left—one! Twó! . . . Position!" Or, "Arms upward—bend! Left arm forward—strétch! Change arms—one! Twó!"
4. **Wg. close st. T. backw. flex.** (§ 34, 2). "Feet—clóse! Hips—firm! Trunk backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch! . . . Position!"
5. **Wg. stride st. 2 Kn. flex.** (§ 31, 5). "Hips—firm! Feet sideways place—one! Twó! Heels—lift! Knees—bend! Knees—stretch! Heels—sink! The same—one! Twó! Three! Four! . . . Position!"
6. **Yd. d st. 2 A. elev.** (§ 32, 10 and 5). In the schoolroom, first: "Right (l.) *oblique*—face!" Then, "Arms sideways stretch—one! Twó! Hands—turn! Arms—lift! Sink! (*Or* arm elevation—one! Twó!) . . . The same—one! Twó! . . . Position! Left (r.) *oblique*—face!"
7. **Wg. close toe st. slow march.** See VI., 7.
8. **Wg. wlk. a st. T. rot.** (§ 34, 5). In the schoolroom: "Right (l.) *oblique*—face! Hips—firm! Left (r.) foot sideways forward—pláce! Trunk to the left (r.)—turn! Forward—turn! . . . Position! Left (r.)—face! Hips—firm! Right (l.) foot sideways forward—pláce! Trunk to the right (l.) turn! Forward—turn!" . . .
9. **Upw. jump** (§ 45). "Upward jump—one! Two! Three! Four! Five! The same—one! . . . Five! . . . 1=toe st. pos.; 2=courtesy st. pos.; 3=jump and land; 4=toe st. pos.; 5=fund. pos.
10. **Wg. st. alt. toe elev.** (§ 31, 3). "Hips—firm! Alternate toe-lifting (*or* elevation), begin with the left foot—one! Twó! Óne! Twó! . . . Position!"
11. **Bend st. 2 A. ext. to yd. d** (§ 32, 10). In the schoolroom, first: "Right (l.) *oblique*—face!" Then, "Arms upward bend! Arm-stretching (*or* extension) sideways, palms up (breathe in)—one! (Breathe out) two! The same—one! Twó! . . . Position!" (The extension to occur rather slowly.)  
Begin and end the lesson by a H. flex. backw.

## VIII.

1. **Step forw. and backw.** (§ 31, 11). "One step forward — march! One step backward — march!" Later, "One step forward with the left foot and backward with the right — march! (or one-two! Three-four!)"

2. **Yd. c wlk. a st. pos.** (§ 32, 9; 30, 5). In the school-room: "Right (l.) *oblique* — face! Left (r.) foot sideways forward place, and arms sideways stretch — one! Two!" (The foot moves into wlk. a pos. at "Two!") "Arm-stretching (or extension), foot-placing — one! Two!" (1 = bend st. pos.; 2 = yd. c wlk. a pos. with the same foot) . . . "Position! Left (r.) — face!" etc.

In the hall or gymnasium: "Left (r.) foot sideways forward place, and arms sideways stretch — one! Two! Arm-stretching (or extension), change feet — one! Two!" (1 = bend st. pos.; 2 = yd. c wlk. a to the other side.) . . . "Position!"

3. **Bend st. alt. A. ext. sidew.** (§ 32, 4, 9). "Arms upward — bend! Alternate arm-stretching (or extension) sideways, begin with the left — one! Two! . . . Position!" (One arm bends while the other stretches.)

4. **Wg. close st. T. backw. flex.** See VII., 4.

5. **Wg. cr. a  $\frac{1}{2}$  st. pos.** (§ 30, 17). "Hips — firm! Left (r.) knee upward — bend! Change feet — one! Two! . . . Position!" (At first let the change occur rather quickly; later retain cr.  $\frac{1}{2}$  st. pos. for a while before changing.)

6. **St. 2 A. elev. forw., upw.** (§ 32, 6, 5). "Arms forward upward — lift! Sideways downward — sink! The same — one! Two!" . . . (1 = the arms rise through reach pos. into str. pos.; 2 = through yd. c into fund. pos., the hands turning gradually, not suddenly.)

7. **Wg. close toe st. slow march backw.** (§ 31, 11). "Hips — firm! Feet — close! Heels — lift! Slowly backward march — one! Two! . . . Position!"

8. **Close st. T. sidew. flex.** (§ 35, 4). "Feet — close! Trunk to the left (r.) — bend! Upward — stretch! To the right (l.) — bend! Upward — stretch! . . . Position!" (Let the arms glide along the sides.)

9. **Upw. jump.** See VII., 9.

10. **Wg. st. alt. 2 toe and heel-elev.** (§ 31, 4). "Hips — firm! Alternate toe and heel lifting (or elevation) — one! Two! . . . Position!" (For a day or two let the pupils take support by resting their hands on the desks or against the walls.)

11. **St. 2 A. ext. to Yd. d.** See VII., 11.

Begin and end the lesson by a H. flex. backw.

## IX.

1. **Side step.** In the schoolroom, first: "Right (l.)—face!" Then, "One step to the left (r.)—márch! One step to the right (l.)—márch!" etc.

2. **Yd. c wlk. b st. pos.** (§ 32, 9; 30, 6). "Left (r.) foot forward place and arms sideways stretch—one! Twó! Arm stretching (*or* extension), change feet—one! Twó! . . . Position!" (1=bend st. pos.; 2=yd. c wlk. b st. pos.)

3.  **$\frac{1}{2}$  str. yd. c st. pos.** (§ 32, 12). "Left (r.) arm upward, right (l.) arm sideways stretch—one! Twó! Change arms—one! Twó! The same—one! Twó! . . . Position!" (1=bend st. pos.; 2= $\frac{1}{2}$  str. yd. st. pos.)

4. **Wg. wlk. c st. T. backw. flex.** (§ 34, 2). "Hips—firm! Feet—close! Left (r.) foot forward—place! Trunk backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch! . . . Change feet—one! Twó! Trunk backward—bend!" etc.

5. **Wg. stride courtesy st. H. rot.** (§ 31, 5). "Hips—firm! Feet sideways place—one! Twó! Heels—lift! Knees—bend! Head turning (*or* rotation) left and right—one! Twó! . . . Head forward—turn! Knees—stretch! Heels—sink! Position!"

6. **St. 2 A. ext. to yd. d** (§ 33, 1). In the schoolroom: "Right (l.) *oblique*—face!" Then, "Arm-stretching (*or* extension) sideways, palms up—one! Twó! One! Twó! . . . Position!"

7. **Wg. st. alt. Kn. upw. flex.** (§ 30, 17). "Hips—firm! With knee upward bending (*or* flexion) in place march—one! Twó! One! Twó! . . . Position!"

8. **Wg. wlk. b st. T. rot.** (§ 35, 5). "Hips—firm! Left (r.) foot forward—place! Trunk to the left (r.)—turn! Forward—turn! . . . Change feet—one! Twó! To the right (l.)—turn!" etc. (Rotate to the side of the advanced foot.)

9. **Wg. toe st. stride jump** (§ 45). "Hips—firm! Heels—lift! Stride jump—one! Twó! . . . (*or* start! Stóp!) Position!" 1=wg. stride toe st. pos.; 2=wg. toe st. pos. The knees bend slightly as the feet strike the ground.

10. **Wg. wlk. d st. 2 Heel-elev.** (§ 31, 2). "Hips—firm! Left (r.) foot crosswise forward—place! Heels—lift! Sink! The same—one! Twó!" etc. In the schoolroom command first: "Left (r.) *oblique*—face!"

For little folks substitute VII., 10.

11. **Yd. d st. 2 A. elev.** (§ 33, 2). In the schoolroom, first: "Right (l.) *oblique*—face!" Then, "Arms sideways—lift! Hands—turn! Arms—lift! Sink! The same (breathe in)—one! (Breathe out) two!" . . .

Begin and end the lesson by H. flex. sidew, ended by H. flex. backw.

## X.

1. **Facings** (§ 31, 10).
2. **Yd. c wlk. c st. pos.** (§ 30, 7; 32, 9). "Feet — close! Left (r.) foot forward place, and arms sideways stretch — one! Twó! Arm-stretching (*or* extension), change feet — one! Twó! The same — one! Twó! . . . Position!" (1 = bend close st. pos.; 2 = yd. c wlk. c st. pos.)
3.  $\frac{1}{2}$  **str. reach st. pos.** (§ 32, 12). "Left (r.) arm upward, right (l.) arm forward stretch — one! Twó! Change arms — one! Twó! The same — one! Twó! . . . Position!"
4. **Wg. wlk. c st. T. backw. flex.** See IX., 4.
5. **Wg. st. 2 Kn. flex. to courtesy sitt. pos.** (§ 31, 5). "Hips — firm! Heels — lift! Knees — bend! Sit! (= *courtesy sitt. pos.*) Knees — stretch! Heels — sink! The same — one! All the way down — two! Three! Four! . . . Position!"
6. **Bend st. alt. A. ext. to yd. d** (§ 32, 4, 10). "Arms upward — bend! Alternate arm-stretching (*or* extension) sideways, palm up (left first) — one! Twó! Óne! Twó! . . . Position!" (one arm bends while the other stretches).
7. **Wg. toe st. alt. Kn. upw. flex.** (§ 30, 17). "Hips — firm! Heels — lift! With knee upward bending (*or* flexion) in place — *márch!* Hált!" (Halt on tip-toe, then lower the heels, "one, two, three!") Position!" The pupils are allowed to move slightly forward while marching.
8. **Wg. wlk. b st. T. sidew. flex** (§ 35, 4). "Hips — firm! Left (r.) foot forward — place! Trunk to the left (r.) bend! Upward — stretch! . . . Change feet — one! Twó! To the right (l.) — bend! Upward — stretch! . . . Position!" (Bend to the side of the advanced foot.)
9. **Wg. toe st. stride jump.** See IX., 9, alternate with VII., 9.
10. **Wg. st. feet close and open** (§ 30, 3). "Hips — firm! Feet close and open — one! Twó! Óne! Twó! . . . (*later, Stárt! Stóp!*) Position!"
11. **Yd. d st. 2 A. elev.** See IX., 11, alternate with III. 11.

Begin and end the lesson by H. rot. followed by H. backw. flex.

XI.

1. **St. H. flex. backw.** (§ 36). "Head backward—bend! Upward—Stretch!" . . .

2. **Prep. to jump** (§ 31.5). "Prepare to jump—*one!* Twó! Threé! Fôur! The same—*one!* . . . Fôur!" . . .

3. **St. 2 A. ext. sidew. and upw.** (§ 33.1). "Arms sideways and upward stretch—*one!* Twó! Threé! Fôur! The same—*one!* . . . Fôur!" . . .

If in the class-room, command first: "Right oblique—*face!*"

4. **Wg. turn wlk. a st. arch flex.** (§ 39). [If in the schoolroom first: "Right (l.) oblique—*face!*" Then:] "Hips—firm! Left (r.) foot sideways forward—*place!* Trunk to the left (r.)—turn! Backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch! . . . Change feet—*one!* Twó!" [In the schoolroom: "Position! Left (r.)—*face!* Hips—firm Right (l.) foot sideways forward—*place!*" ] "Trunk to the right (l.)—turn! Backward—bend!" etc.

5. **Wg. cr. a  $\frac{1}{2}$  st. F. flex.** (§ 31.8). "Hips—firm! Left (r.) knee upward—bend! Foot flexion (*or* bending; *or* toes up)—*one!* (Down) Twó! The same—*one!* Twó! . . . Change feet—*one!* Two! Foot flexion—*one!* Twó! . . . Position!"

6. **St. 2 A. swim.** (§ 33.5). "Arm swim—*one!* Two! Threé! The same—*one!* Two! Threé!" . . . After a day or two: "The same—*one!* Two~three! . . . Still later: "The same—*one*~two! Threé!" . . .

7. **Wg. st. tiptoe march forw. and backw.** (§ 31.11). "Hips—firm! Heels—lift! Slowly forward march—*one!* Two! . . . The same backward—*one!* Two!" . . .

8. **Wg. wlk. c st. T. rot.** (§ 35.5). "Feet—close! Hips—firm! Left foot forward—*place!* Trunk to the left—turn! Forward—turn! . . . Change feet—*one!* Twó! Trunk to the right—turn!" etc.

9. **Forw. jump** (§ 45). Forward jump—*one!* Two! Threé! Fôur! Five! The same—*one!* . . . Five!" (1 = heels lift. 2 = knees bend. 3 = jump forward from both feet, the arms swinging forward straight from the shoulder and resuming fund. pos. at landing. 4 = knees stretch. 5 = heels sink. The arms assist in moving the body forward at jumping and in steadying it at landing.)

10. **Yd. c st. 2 Heel elev.** (§ 31.2). If in the schoolroom, first: "Right (l.) oblique—*face!*" Then: "Arms sideways stretch—*one!* Twó! Heels—lift! Sink! The same—*one!* Two!" . . .

11. **St. 2 A. elev. forw. upw.** (§ 46). "Arms forward upward—lift!" (The straight arms move through reach pos. into str. pos.) "Sideways downward—sink!" (The arms are lowered through yd. c pos. into fund. pos., the hands turning gradually, not suddenly.) "The same, breathe in—*one!* Breathe out—two! The same—*one!* Two!" . . .

End the lesson by St. H. flex. backw.

## XII.

1. **Wg. st. H. sidew. flex.** (§ 36). "Hips—firm! Head to the left (r.)—bend! Upward—stretch! To the right (l.) bend! Upward—stretch!" . . .

2. **90° facing and side step.** "Left (r.) face, one step to the left (r.)—march! Right (l.) face, one step to the right (l.)—march!" In the class-room this command should be preceded by: "Right (l.)—face!"

3. **Yd. c wlk. d st. pos.** (§ 30.8). "Left (r.) foot crosswise forward place and arms sideways stretch—one! Twó! Arm-extension (*or* stretching), change feet—one! Twó! The same—one! Twó!" . . . (1 = bend st. pos. 2 = yd. c wlk. d st. pos.) For modification in the schoolroom compare VI. 2.

For little folks substitute:

**Wg. toe st. H. rot.** "Hips—firm! Heels—lift! Head turning left and right—one! Twó! . . . Head forward—turn! Heels—sink! Position!"

4.  **$\frac{1}{2}$  yd. reach st. pos.** (§ 32.12). "Left (r.) arm forward, right (l.) arm sideways stretch—one! Twó! Change arms—one! Twó!" . . . (Keep the shoulders in a line.)

5. **Wg. turn wlk. a st. arch flex.** See XI. 4.

6. **Wg. courtesy sitt. H. rot.** (§ 36.2). "Hips—firm! Heels—lift! To sitting, knees—bend! Head rotation (*or* head turning) left and right—one! Twó!" . . . Head forward—turn! Knees—stretch! Heels—sink! Position!"

7. **St. 2 A. ext. sidew. and backw.** (§ 33.1). "Arms sideways and backward stretch—one! Twó! Three! Four! The same—one! . . . Four! . . . Position!" In class-room first: "Right oblique—face!"

8. **Quick mark time** (§ 31.11). "Mark time—march! On tiptoe, double quick—march!" (The feet are lifted enough to mark each step, without kicking backward.) "Class—halt!" (Halt on tiptoe, then lower the heels—"One! Twó! Three!") . . .

9. **Wg. wlk. c st. T. sidew. flex.** (§ 35.4). "Hips—firm! Feet—close! Left (r.) foot forward—place!" (§ 32.7). "Trunk to the left (r.)—bend! Upward—stretch! To the left (r.)—bend! Upward—stretch! . . . Change feet—one! Twó! To the right (l.)—bend! Upward—stretch!" . . .

10. **90° Upw. jump** (§ 45). "Turning ninety degrees to the left (r.), upward jump—one! Twó! Threé! Four! Five! The same to the right (l.)—one! . . . Five!" The turning occurs between 3 and 4, *i. e.*, just before landing.

11. **Yd. c stride st. 2 Heel elev.** (§ 31.2). "Feet sideways place and arms sideways stretch—one! Twó!" (See VII. 2.) "Heels—lift! Sink! The same—one! Twó! . . . Position—one! Twó!"

12. **St. 2 A. elev. forw. upw.** See XI. 11.

End the lesson by St. H. flex. backw.

XIII.

1. **90° facing and front step.** "Left (r.) face, one step forward — march! Right (l.) face, one step forward — march!" In the schoolroom, precede each of these commands by "Right (l.) face!" so that the step is taken in direction of the aisle.

2. **Str. stride st. pos.** (§ 30.4). "Feet sideways place and arms upward stretch — one! Two! Position — one! Two!"

3. **St. 2 A. ext. forw. and backw.** (§ 33.1). "Arms forward and backward stretch — one! Two! Three! Four! The same — one! Two! Three! Four!" . . .

4. **Wg. Turn stride st. arch flex.** (§ 39). "Hips — firm! Feet sideways place — one! Two! Trunk to the left (r.) — turn! Backward — bend! Upward — stretch! Backward — bend! Upward — stretch! Forward — bend! Upward — stretch! . . . To the right (l.) turn! Backward — bend!" etc. . . .

5. **Wg. cr. a  $\frac{1}{2}$  st. Kn. ext. backw.** (fig. 3., 2 & 1). "Hips — firm! Left (r.) knee upward — bend! Knee backward — stretch! Upward — bend! Backward — stretch! Upward — bend! Change feet — one! Two! Knee backward — stretch!" etc.

6. **Yd. c stoop stride st. H. rot.** (§ 42). "Feet sideways place and arms sideways stretch — one! Two" (To get enough space in the schoolroom, arrange the class as in VI. 2.) "Trunk forward — bend! Head rotation (*or* turning), left and right — one! Two! One! Two . . . Head forward — turn! Trunk upward — stretch! Position — one! Two!"

7. See XII. 8.

8. **Wg. wlk. a st. rev. T. rot.** (§ 34.6). "Hips — firm!" Left (r.) foot sideways forward — place! Trunk to the right (l.) — turn! Forward — turn! . . . Change feet — one! Two! To the left (r.) — turn! Forward — turn!" . . . For sufficient floor space, compare IV. 2.

9. **Wg. courtesy sitt. forw. jump.** "Hips — firm! Heels — lift! Knees — bend! Sit! Forward jump — one! Two! One! Two! . . . Position!" The movement occurs by a slight extension of the ankle, and it should be very elastic. The distance covered by each jump should be short.

10. **Yd. c close st. 2. Heel elev.** (§ 31.2). "Arms sideways stretch — one! Two! Feet — close! Heels — lift! Sink! The same — one! Two! . . . Position!"

11. **St. 2 A. elev. sidew. upw.** (§ 46). "Arms sideways upward — lift (breathe in)! Sideways downward — sink (breathe out)! The same — one! Two!" . . . The hands turn gradually while the arms move.

Begin and end by St. H. flex. backw.

## XIV.

1. **Prep. to jump.** (§ 31.5). "Prepare to jump — one! Twó! Thrée! Fóur! The same — one! twó! Thrée! Fóur! The same — one! Two! Thrée! Fóur!"

2. **Str. wlk. a st. pos.** (§ 32.5). [In the class-room first: "Right (l.) oblique — face!" Then], "Left (r.) foot sideways forward place and arms upward stretch — one! Twó!" (1 = bend st. pos. 2 = Str. wlk. a st. pos.) Arm extension change feet — one! Twó! The same — one! Twó! . . . Position!" [In the schoolroom: "Arm stretching and foot placing — one! Two!" 2 = the same foot moves. Compare VIII. 2.]

3. **St. 2 A. ext. forw. and upw.** (§ 33.1). "Arms forward and upward stretch — one! Twó! Three! Fóur! The same — one! Twó! Three! Fóur! . . . Position!"

4. **Wg. turn stride st. arch flex.** See XII. 4.

5. **Wg. stride courtesysitt. pos.** (§ 30.16). "Hips — firm! Feet sideways place — one! Twó! Heels — lift! To sitting, knees — bend! Knees — stretch! Heels — sink! The same — one! Two! Three! Fóur!" . . .

6. **St. 2 A. fig. upw.** (§ 42). "Arm-flinging forward upward — one! Two! The same — one! Two!" . . . (1 = the arms are swung quickly through reach into str. pos. 2 = the arms are moved slowly forward downward. Do not push the abdomen and head forward when the arms rise.

7. **Wg. st. quick alt. kn. flex. upw.** (§ 30.17). "With alternate knee-lifting (*or* upward flexion), in place double quick — márch! Hált!" The knees should be raised as high as possible, without disturbing the good posture of the thorax and head. — To be followed by St. 2 A. elev. sidew. with respiration (see V., 11).

8. **Wg. turn stride st. T. sidew. flex.** (§ 35.4). "Hips firm! Feet sideways place — one! Twó! Trunk to the left (r.) — turn to the left (r.) — bend! Upward — stretch! . . . To the right (l.) turn! To the right (l.) — bend! Upward — stretch! . . . Forward — turn! Position — one! Two!"

9. **Wg. toe st. forw. jump.** "Hips — firm! Heels — lift! Forward jump — one! Twó! One! Twó! . . . Position!" The movement occurs by a succession of quick extensions of the ankles, each jump being very short. The body should be kept well erect and the knees straight.

10. **Yd. st. alt toe elev.** (§ 31.3). "Arms sideways stretch — one! Twó!" (In the schoolroom first: "Right (l.) oblique — face!") Alternate toe elevation (*or* lifting — one! Twó! One! — Twó! . . . Position!"

11. **St. 2 A. elev. sidew. upw.** See XIII. 11.

Begin and end by St. H. flex. backw.



## XV.

1. **180° and front step.** "About face, one step forward —march! Right about face, one step forward —march!"

2. **Str. wlk. b st. pos.** (§ 30, 6; 32, 5). "Left (r.) foot forward place and arms upward stretch—one! Twó! Arm-extension (stretching), change feet—one! Twó! The same—one! Twó!" . . . 1 = Bend st. pos. 2 = Str. wlk. b st. pos.

3. **St. 2 A. ext. backw. and upw.** (§ 33, 1). "Arms backward and upward stretch—one! Twó! Three! Fóur! The same—one! Twó! Three! Fóur!" . . .

4. **Wg. turn st. arch flex.** (§ 34, 2 and 5). "Hips—firm! Trunk to the left (r.)—turn! Backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch! . . . To the right (l.)—turn!" etc.

5. **Wg. stride courtesy sitt. H. rot.** (§ 30, 16; 36, 2). "Hips—firm! Heels—lift! Knees—bend! Sít! Head rotation (*or* turning), left and right—one! Twó! . . . Forward—turn! Knees—stretch! Heels—sink! Position!"

6. **Yd. a stoop st. 2 A. fling.** (§ 33, 3; 34, 2). "Arms forward—bend! Trunk forward—bend! Arm-flinging (sideways)—óne! Twó! One! Two! . . . Trunk upward—stretch! Position!" If in the class-room precede by: "Right (l.) oblique—face!"

7. **Marching** (as in previous tables, or according to infantry tactics if space permits).

8. **Wg. wlk. c st. rev. T. rot.** (§ 34, 6). "Hips—firm! Feet—close! Left (r.) foot forward—place! Trunk to the right (l.)—turn! Forward—turn! . . . Change feet—one! Twó! Trunk to the left (r.)—turn!" etc., the rotation taking place to the side of the backward foot.

9. **Wg. toe st. forw. jump.** "Hips—firm! Heels—lift! Forward jump—one! Twó! Óne! Twó!" . . . Compare XIV. 9. Alternate with VII. 9 and XI. 9.

10. **Yd. wlk. a st. 2 Heel elev.** (§ 31, 2). "Left (r.) foot sideways forward place and arms sideways stretch—one! Twó!" (See VIII. 2.) "Heels—lift! Sink! The same—one! Twó! . . . Arm extension (*or* stretching), change feet—one! Twó! Heels—lift! Sink!" . . .

11. **Yd. c st. 2 A. circ.** (§ 33, 4). If in the class-room, first: "Right (l.) oblique—face!" Then, "Arms sideways—lift! Arm circumduction (*or* circling)—start! . . . Stop!" Inhalation should occur while the arms move upward backward, exhalation while they move downward forward. The elevation of the chest should be distinct, the movement of the arms quite slight.

Begin and end the lesson by H. flex. backw.

## XVI.

1. **180° and side step.** "About face, one step to the left (r.)—march! About face, one step to the right (l.)—march!" . . . In the schoolroom, precede by: "Right (l.)—face!"

2. **Str. wlk. c st. pos.** (§ 30, 7; 32, 5). "Feet—close! Left (r.) foot forward place and arms upward stretch—one! Twó! Arm extension (or stretching), change feet—one! Twó! The same—one! Twó! . . . Position!!"

3. **St. continuous 2 A. ext. sidew.** (§ 33, 1). "Arm extension (or stretching), sideways—stárt! Stop! Position!" (velocity about 55 movements a minute.)

4. **Wg. turn st. arch flex.** See XV. 4. Alternate with III. 4.

5. **Wg. st. L. elev. sidew.** (§ 31, 6). "Hips—firm! Left (r.) leg sideways—lift! Change feet—one! Twó! The same—one! Twó!" . . . Keep the shoulders level and the chest well elevated.

6. **Yd. c stoop stride st. 2 A. circ.** (§ 33, 4). "Feet sideways place and arms sideways stretch—one! Twó!" (See VII. 2.) "Trunk forward—bend! Arm circumduction (or circling)—one! Two! One! Two!" . . . 1=arms move upw. backw. 2=arms move downw. forw. "Trunk upward stretch! Position—one! Twó!"

7. **Marching** according to previous tables.

8. **Wg. turn wlk. a st. T. sidew. flex.** (§ 35, 4 and 5). (In the schoolroom, first: "Right (l.) oblique—face!"). "Left (r.) foot sideways forward place and hips—firm!" (As the foot strikes the ground the hands grasp.) "Trunk to the left (r.)—turn! To the left (r.)—bend! Upward—stretch! . . . Forward—turn!"—Change feet and repeat to the other side.

9. **Sidew. jump.** "To the left (r.) jump—one! Two! Thrée! Four! Five! To the right (l.) jump—one! Two! Thrée! Four! Five!" . . . (In the class-room precede by "Right (l.)—face!") 1=Heels lift. 2=Knees bend. The arms, hanging straight from the shoulders, with clinched fists, are brought in front to the right (l.), if the jump is to take place to the left (r.). 3=The arms swing towards the side of the jump, the latter occurring from both feet. The landing takes place in usual form, the arms stopping the motion of the trunk by swinging to the opposite side if necessary. 4=Knees stretch. 5=Heels sink.

10. **Yd. c wlk. b st. 2 Heel elev.** (§ 31, 2). "Left (r.) foot forward place and arms sideways stretch—one! Twó!" (See IX. 2.) "Heels—lift! Sink! The same—one! Two! . . . Arm extension/stretching). Change feet—one! Twó!"

11. **St. 2 A. elev. sidew. and 2 Heel elev.** (§ 33, 2). "Arms sideways lift, heels lift and breathe in—one! Sink and breathe out—two! The same—one! Two!" . . .

Begin and end the lesson by St. H. backw. flex.

XVII.

1. **Wg. st. H. flex. forw. and backw.** (§ 36, 1). "Hips—firm! Head forward—bend! Upward—stretch! . . . Backward—bend! Upward—stretch! . . . Position!"

2. **Str. wlk. d st. pos.** (§ 30, 8). "Left (r.) foot crosswise forward place and arms upward stretch—one! Twó! Arm extension, change feet—one! Twó!" . . . Compare VI. 2.

For little folks. Wg. courtesy sitt. H. rot. XII. 6.

3. **St. contin. 2 A. ext. upw.** (§ 32, 5). "Arm extension (or stretching) upward—start! Stop! Position!" Compare XVI. 3.

4. **Wg. turn close st. arch flex.** (§ 34, 2 and 5). "Feet—close! Hips—firm! Trunk to the left (r.)—turn! Backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch . . . To the right (l.)—turn!" etc.

5. **Wg. fallout a st. pos.** (§ 30, 12). "Hips—firm! Left (r.) foot sideways forward—fallout! Change feet—one! Twó! The same—one! Twó!" . . . The movement should occur with as little noise as possible and without dragging the feet.

In the schoolroom precede by: "Right (l.) oblique—face!" and execute the movement on the same principles as IV. 2.

For small children substitute VII. 5, or some other balance movement requiring less co-ordination than the fallout st. pos.

6. **Reach st. 2 A. flg.** (§ 32, 6). "Arms forward stretch!—one! Twó! Armflinging upward—one! Two! One! Two! . . . Position!" 1=Arms move quickly into Str. pos. 2=Arms sink forward into reach pos.

7. **Marching** (§ 33, 11).

8. **Rest ly. alt. L. elev.** (§ 43). "Cross legs! Sit on the floor! Lie down backward! Straight legs. Neck—firm!" (See § 34, 3.) "Left (r.) leg—lift! Sink! Right—lift! Sink! The same—one! Two! Thrée! Four! . . . Position!" The leg is raised slightly, knee and instep being stretched. When the floor is too dirty substitute XVIII. 8.

9. **Wg. Kn. st. T. rot.** (§ 35, 5). "Hips—firm! Kneel! (§ 32, 20.) Trunk to the left (r.)—turn! Forward—turn! To the right (l.)—turn! Forward—turn!" . . .

10. **Sidew. jump.** See XVI. 9. Alternate with **Wg. wlk. b st. jump.** "Hips—firm! Left (r.) foot forward—place! Heels—lift! Change feet, jumping—one! Twó! One! Twó!" . . . To be executed rhythmically like IX. 9.

11. **Yd. c wlk. c st. 2 Heel elev.** (§ 30, 7). "Feet—close! Left (r.) foot forward place and arms sideways stretch—one! Twó!" (See V. 2.) "Heels—lift! Sink! The same—one! Twó! . . . Arm extension (or stretching), change feet—one! Twó!" etc.

12. **Yd. c st. 2 A. circ.** See XV. 11.

End the lesson by St. H. Backw. flex.

## XVIII.

1. **Wg. st. H. flex. sidew.** (§ 36, 1). See VI. 1. Followed by St. 2 Heel elev.

2. **Wg. stride st. pos. in series** (§ 31, 1; 30, 4). "Hips — firm! Foot placing sideways, left and right — *ône!* *Twó!* *Thré!* *Four!* The same — *stárt!* *Position!*" In the classroom precede by: "Right (l.) — *face!*" If stride st. pos. has not previously been practised to the command, "Left (r.) foot sideways — *place!*" (instead of "Feet sideways place — *ône!* *Twó!*"') use that movement for a day or two, before doing it in series.

3. **St. contin. 2 A. ext. backw.** (See IV. 3.) "Arm extension (*or* stretching) backward — *stárt!* *Stop!* *Position!*" Compare XVI. 3.

4. **Wg. turn close st. arch flex.** See XVII. 4.

5. **Wg. fallout *a* st. pos. backw.** (§ 30, 12). "Hips — firm! Left (r.) foot sideways backward fallout! Change feet — *ône!* *Twó!* The same — *ône!* *Twó!*" . . .

In the schoolroom precede by: "Left (r.) — *face!*"

For little folks substitute VIII., 5.

6. **Yd. *c* st. 2 A. flg. forw.** (§ 32, 6 and 9). "Arms sideways lift! Arm-flinging forward with turning of the hands — *ône!* *Twó!* The same — *ône!* *Twó!*" . . . 1 = Elbows bend slightly and arms are flung into reach pos., palms up (the movement resembles a sword cut, *not a thrust*). 2 = Elbows bend slightly and arms are flung into Yd. *c* pos.

7. **Marching.**

8. **Wg. Kn. st. T. backw. flex.** (§ 34, 3). "Hips — firm! Kneel!" (§ 32, 20). "Trunk backward — bend!" (Fall from the knee; do not arch the body). "Upward — stretch! Backward — bend! Upward — stretch! . . . *Position!*"

9. **Wg. turn st. T. sidew. flex.** (§ 35, 4 and 5). "Hips — firm! Trunk to the left (r.) — turn! To the left (r.) — bend! Upward — stretch! . . . To the right (l.) — turn! To the right (l.) bend!" etc.

10. **Wg. wlk. *b* st. jump.** See XVII. 10. Alternate with upw. jump. see VIII. 9, and with 90° upw. jump. See XII. 10.

11. **Yd. *c* wlk. *d* st. 2 Heel elev.** (§ 30, 8). "Left (r.) foot crosswise forward place and arms sideways stretch — *ône!* *Twó!* Heels — lift! Sink! The same — *ône!* *Twó!* . . . Arm extension (*or* stretching), change feet — *ône!* *Twó!*" etc. Compare XII. 2. For little folks substitute II. 10.

12. **St. 2 A. elev. and 2 Heel elev.** See XVI. 11. End the lesson by St. H. backw. flex.

## XIX.

1. Yd. *a* st. 2 A. fig. See IV., 11.

2. Wg. wlk. *a* st. pos. in series (§ 30, 5). "Hips—firm! Foot placing sideways forward—one! Twó! Threé! Four!" 1= wlk. *a* st. to the left; 3= wlk. *a* st. to the right. "The same, begin to the right—one! . . . Fóur!" Later the executory command will be, "Stárt! . . . Stóp!"

In the schoolroom the movement takes the following form: "Right (l.) *oblique* face! Hips—firm! Foot placing sideways forward, left foot—one! Twó! Óne! Twó! . . . Position! Left (r.) face! Hips—firm!" etc. Compare IV. 2.

3. St. 2 A. ext. forw., sidew. and upw. (§ 40, 33, 1). "Arms forward, sideways, and upward stretch—one! Twó! Threé! . . . Six! The same—one! . . . Six!" 1, 3, 5=bend st. pos.; 2=reach st. pos.; 4=yd. c st. pos.; 6=Str. st. pos.

4. Yd. c turn wlk. *a* st. arch flex. (§ 30, 6). In the class-room, first, "Right (l.) *oblique*—face!" Then, "Left (r.) foot sideways forward place, and arms sideways stretch—one! Twó!" (See VIII., 2.) "Trunk to the left (r.)—turn! Backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch! etc. Remember to rotate to the side of the advanced foot.

5. Wg. toe st. 2 Kn. flex. to sitt. pos. (§ 41; 31, 2, 5). "Hips—firm! Heels—lift! Knee flexion (*or* bending) to sitting—one! Twó! Óne! Twó! . . . Position!" 1=wg. courtesy sitt. pos.; 2=wg. toe st. pos.

6. Wg. stoop st. 2 A. ext. sidew. and backw. (§ 33, 1, 44). "Hips—firm! Trunk forward—bend! Arm-extension (*or* stretching) sideways and backward—one! Twó! Threé! Fóur! The same—one! Twó! Threé! Fóur! . . . Trunk upward—stretch! Position!" 2=Yd. c stoop st.; 4=stoop st. with arms extended backward.

7. Marching. (See VII., 7; IX., 7, etc.)

8. Rest. ly. alt. L. elev. See XVIII., 8. If for some reason the floor cannot be used, apply XX., 8.

9. Yd. c close st. T. rot. (§ 35, 5). "Feet—close! Arms sideways stretch—one! Twó! Trunk to the left (r.)—turn! Forward—turn! To the right (l.)—turn! Forward—turn! . . . Position!"

10. Wg. wlk. *b* st. jump. See XVIII., 10. To be followed by

Forw. jump. See XI., 9.

11. Yd. c st. toe and Heel-elev. (§ 31, 3). Commands as in I., 11, and VIII., 10.

12. Yd. *d* st. 2 A and 2 Heel-elev. (§ 46; 32, 10). In the class-room first, "Right (l.) *oblique*—face!" Then, "Arms sideways—lift! Hands—túrn! Arms lift and breathe in—one! Sink and breathe out!—two! The same—one! Twó! Position!"

Begin and end by a *H. flex. backw. or sidew.*

## XX.

1. **St. 2 A. elev. forw., upw.** See XI., 11.
2. **Yd. toe st. H. rot.** (§ 41. In the class-room first, —“Right (l.) *oblique*—face!” Then, “Arms sideways—lift! Heels—lift! Head rotation (or turning) left and right—one! Two! One! Two! . . . Forward—turn! Position!”
3. **St. 2 A. ext. forw., backw., and upw.** (§ 40, 33, 1). “Arms forward, backward, and upward stretch—one! Two! . . . Six!” Compare remarks on XIX., 3.
4. **Yd. turn wlk. a st. arch flex.** See XIX., 4.
5. **Wg. fallout st. b pos. backw. (later forw.)** (§ 30, 11).  
“Hips—firm! Left (r.) foot backward (forw.)—fallout! Change feet—one! Two! The same—one! Two! . . . Position!” Remember to let the foot move with the least possible noise.
6. **Wg. stoop st. 2 A. swim** (§ 42, 33, 5). In the class-room first—“Right (l.) *oblique*—face!” Then, “Hips—firm! Trunk forward—bend! Arm swim—one! two! Three! The same—one! two! Three! . . . Trunk upward—stretch!—Position!” For the last two days make the command—“one! Two! three!”
7. **Marching.** See preceding tables.
8. **Stoopfall. H. rot.** (§ 34, 7, Fig. 14). “Stoopfall. position—one! Two! Head rotation (or turning), left and right—one! Two! . . . Forward—turn! Position—one! Two!”
9. **Wg. turn close st. T. sidew. flex.** (§ 35, 4). “Feet close and hips—firm! Trunk to the left (r.)—turn! To the left (r.)—bend! Upward—stretch! . . . To the right (l.)—turn!” etc. Remember to bend to the side to which rotation has taken place.
10. **2 A. fig. upw. jump.** “Arms hung sideways, upward jump—one! Two! Three! Four! Five! The same—one! . . . Five!” 1=toe st.; 2=courtesy st.; hands crossed in front (by flexion from the elbows). 3=upw. jump; the arms flinging outward to Yd. c pos.; land in usual manner with arms along the sides; 4=toe st.; 5=fund. pos.
11. **Rest st. Feet closing rhythmically** (§ 41, 30, 2). “Neck—firm! Feet close and open—one! Two! One! Two! . . . Position!” Later command:—“Start! . . . Stop!” If Rest pos. has not been previously practised, apply it between exercises Nos. 1 and 2 of this table.
12. **Yd. d st. 2 A elev. and 2 Heel-elev.** See XIX., 12. To be followed by Yd. a st. 2 A fig. See III., 2.  
Begin and end by *H. flex. backw.*

XXI.

1. **St. 2 A. elev. sidew.** See V., 11.
2. **Wg. wlk. b st. pos. in series** (§ 30, 6). "Hips—firm! Foot-placing forward, left and right—one! Twó! Thrée! Fóur! The same—one! . . . Fóur! (or Stárt! . . . Stóp!) . . . Posítion!"
3. **St. 2 A. ext. forw., sidew., and backw.** (§ 33, 1). "Arms forward, sideways and, backward stretch—one! . . . Six! The same—one! . . . Six! . . . Posítion!"
4. **Yd. c wlk. c st. arch flex.** (§ 35, 1). "Feet—clóse! Arms sideways stretch—one! Twó! Trunk backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch! . . . Posítion!"
5. **Wg. fallout st. c pos.** (§ 30, 11). "Feet—clóse! Hips—firm! Left (r.) foot forward—fallóut! Change feet—one! Twó! The same—one! Twó! . . . Posítion!"
6. **Bend stoop stride st. alt. A. ext. upw.** (§ 33, 1). "Feet sideways—pláce! Arms upward—bend! Trunk forward—bend! Left (r.) arm upward—strétch! Change arms—one! Twó! . . . Arms—bend! Trunk upward—stretch! Posítion!"
- 7 **Marching.**
8. **Stoopfall. H. rot.** See XX., 8.
9. **Yd. c st. T. rot.** (§ 34, 5). "Arms sideways stretch—one! Twó! Trunk to the left (r.)—turn! Forward—turn!" etc.
10. **2 A. fig. upw. jump** See XX., 10; to be followed by  
**90° upw. jump.** See XII., 10.
11. **Rest st. 2 Heel-elev.** (§ 31, 2). "Neck—firm! Heels—lift! Sink! The same—one! Twó! . . . Posítion!"
12. **St. 2 A. elev. forw., upw., and 2 Heel-elev.** (§ 33, 2). "Arms forward, upward, lift, heels lift and breathe in—one! Sideways downward sink and breathe out—two! The same—one! Twó! . . ."

## XXII.

1. **Yd. d st. 2 A. elev.** See IX., 11.
2. **Wg. wlk. c st. pos. in series** (§ 30, 7). "Feet — close! Hips — firm! Foot-placing forward (left and right) — one! Two! Three! Four! The same — one! . . . Four! (*or* Start! Stóp!)"
3. **St. 2 A. ext. forw. upw., and backw.** (IV., 3). "Arms forward, upward, and backward stretch — one! . . . Six! The same — one! . . . Six! . . . Position!"
4. **Yd. c wlk. c st. arch flex.** See XX., 4.
5. **Wg. cr.  $\frac{1}{2}$  st. Kn. ext. forw.** (Fig. 3, 3). "Hips — firm! Left (r.) knee upward — bend! Knee forward — stretch! Bend! Stretch! Bend! Change feet — one! Two!" etc.
6. **Wg. stoop stride st. A. ext. to  $\frac{1}{2}$  str. yd.** (§ 32, 12). "Feet sideways place and hips firm — one! Two! Trunk forward — bend! Left arm upward, right arm sideways stretch — one! Two! Change arms — one! Two! . . . Hips — firm! Trunk upward — stretch! Position!" Compare IX., 3.
7. **Marching.**
8. **Wg. foot gr. sitt. T. backw. flex.** (Fig. 13). "Sit on the desks! Hips — firm! Trunk backward — bend! Upward — stretch! . . . Position!" Do not arch the spine, but fall from the hip.  
In case desks are not at hand let the pupils of one rank sit on the floor with legs stretched forward, while the other rank kneel, facing the first, and holding their feet firmly to the floor with both hands. If the floor is too dirty for this movement, substitute XXIII., 8.
9.  **$\frac{1}{2}$  str. wg. stride st. T. sidew. flex.** (§ 35, 4). "Hips — firm! Feet sideways — place! Right (l.) arm upward stretch — one! Two! Trunk to the left (r.) — bend! Upward — stretch! . . . change arms — one! Two! To the right (l.) — bend!" etc. Bend to the side opposite the extended arm.
10. **Wg. courtesy sitt. forw. jump.** "Hips — firm! Heels — lift! Knees — bend (all the way down)! Forward jump — one! Two! One! Two! . . . Position!" The movement consists of a rapid succession of slight contractions and relaxations of the extensors of knees and ankles producing a very elastic motion. The space covered by each jump should be but a few inches.  
To be followed by sidew. jump. See XVI., 9.
11. **Rest stride st. 2 Heel-elev.** (§ 31, 2). "Feet sideways place and neck — firm!" (The arms move with the right foot.) "Heels — lift! Sink! The same — one! Two! . . . Position!"
12. **St. 2 A. elev. forw. upw. and 2 Heel-elev.** (See XXI., 12), followed by yd. c st. 2 A. circ. See XV., 11.



XXIII.

1. Yd. c st. 2 A. circ. See XV., 11.

2. Wg. wlk. d st. pos. in series (§ 30, 8). "Hips—firm! Foot placing crosswise forward (left and right)—one! Twó! Threé! Fóur! The same—one! . . . Fóur! (or Stárt! Stóp!)" For modifications in the schoolroom, compare VI., 2, and XIX., 2.

3. St. 2 A. ext. sidew., backw., and upw. (§ IV., 3). "Arms sideways, backward, and upward stretch—one! . . . Six! The same—one! . . . Six! . . . Position!"

4. Yd. c close st. arch flex. (§ 39). "Feet—close! Arms sideways stretch—one! Twó! Trunk backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch . . . Position!"

5. Wg. toe stride st. 2 Kn. flex. to sitt. pos. (§ 31, 5). "Feet sideways place and hips—firm! Heels!—lift! Knee flexion (or bending) to sitting (or all the way down)—one! Twó! One! Twó! . . . Heels—sink! Position!"

1=courtesy stride sitt. pos. 2=toe stride st. pos.

6. Bend stoop st. alt. A. ext. to yd. d (§ 32, 10). "Arms upward—bend! Trunk forward—bend! Arm extension (or stretching) sideways, palm up, left and right—one! Twó! One! Twó! . . . Arms bend! Trunk upward—stretch! Position!"

7. Marching.

8. Wg.  $\frac{1}{2}$  Kn. st. T. backw. flex. (§ 43). "Hips—firm! On the left (r.)—kneel!" (§ 30, 21). "Trunk backward—bend! Upward—stretch! . . . Change knees—one! Twó!" (1=wg. st. pos. 2= $\frac{1}{2}$  Kn. st. on the right (l.) knee.) "Trunk backward—bend!" etc. Do not arch the spine, but fall from the knee.

9. Yd. c stride st. T. rot. (§ 44). "Feet sideways place and arms sideways stretch—one! Twó! Trunk to the left (r.)—turn! Forward—turn! To the left (r.)—turn! Forward—turn . . . Position—one! Twó!"

10. Yd. c toe st. quick jump. forw. "Arms sideways—lift! Heels—lift! Forward jump—one! Twó! One! Twó! . . . Position!" For execution, see XIV., 9. To be followed by *Upw. jump.* See VII., 9.

11. Rest close st. 2 Heel-elev. (§ 31, 2). "Feet close and neck—firm! Heels—lift! Sink! The same—one! Twó! One! Twó! . . . Position!"

12. St. 2 A. elev. sidew. upw. and 2 Heel-elev. (§ 46). "Arms sideways upward lift, heels lift and breathe in—one! Sideways downward sink and breathe out—two! The same—one! Twó! One! Twó! . . . (Precede by "Right oblique—face!")

End by *St. H. rot. with backw. flex.*

## XXIV.

1. **St. 2 A. ext. to yd. d.** See VII., 11.
2. **Wg. wlk. a b c or d backw. in series.** "Hips—firm! Foot placing sideways backward (backward, *etc.*)—*ône!* . . . *Fóur!*" Compare XIX., 2 to XXIII., 2, inclusive.
3. **St. 2 A. ext. sidew., backw., and upw.** (IV., 3). "Arms sideways, backward, and upward stretch—*ône!* . . . *Six!* The same—*ône!* . . . *Six!*" (Precede by "Right (l.) *oblique*—*face!*")
4. **Yd. c close st. arch. flex.** See XXIII., 4.
5. **Wg. fallout st. d pos.** (§ 30, 12). "Hips—firm! Left (r.) foot, toe-supporting, backward—fallout! Change feet—*ône!* *Twó!* The same—*ône!* *Twó!* . . . *Position!*"
6. **Str. stoop stride st. 2 A. ext. upw.** (Fig. 10). "Feet sideways place and arms upward stretch—*ône!* *Twó!* Trunk forward—bend! Arm extension (*or* stretching) upward—*ône!* *Twó!* *One!* *Twó!* . . . Trunk upward—stretch! *Position*—*ône!* *Twó!*"
7. **Marching.**
8. **Wg. foot gr.  $\frac{1}{2}$  st. T. backw. flex.** (Fig. 5). "From right to left count—*twós!* Numbers one left, numbers two right—*face!* Numbers one, hips—firm! Left (r.) foot forward on seat—*place!* Numbers two—*grásp!* Ones, trunk backward—bend! Upward—stretch!" . . . (Fall back; do not arch the spine.) "Change feet—*ône!* *Twó!* Backward—bend!" etc.  
Where no desks are at hand substitute XXIII., 8.
9.  **$\frac{1}{2}$  str. wg. str. T. sidew. flex.** (§ 44). "Hips—firm! Right (l.) arm upward stretch—*ône!* *Twó!* Trunk to the left (r.)—bend! Upward—stretch! . . . Change arms—*ône!* *Two!*" etc. Compare XXII., 9.
10. **2 A. and L. fig. upw. jump.** If in the schoolroom first "Numbers two—sit down! Numbers one, right (l.)—*face!*" Then "Arms and legs flung sideways upward jump—*ône!* *Two!* *Thrée!* *Four!* *Five!* The same—*ône!* . . . *Five!*" . . . At "*thrée!*" jump and fling arms into yd. c legs into stride pos., and land in usual manner (heels together, arms behind thighs, etc.) If the teacher finds that there is not enough space for this movement, substitute XX., 10.
11. **Rest wlk. a st. 2 Heel-elev.** (§ 31, 2). "Neck—firm! Left (r.) foot sideways forward—*place!* Heels—*lift!* Sink! The same—*ône!* *Two!* *One!* *Two!*" . . . For space compare IV., 2.
12. **St. 2 A. elev. sidew., upw., and 2 Heel-elev.** See XXIII., 12. To be followed by *Yd. a st. 2 A. fig.* III., 11. End by *H. flex. forw. and backw.*

## XXV.

1. **St. H. sidew. flex.** See VI., 1.

2. **Yd. c stride st. pos. in series** (§ 30, 4). "Foot placing sideways and arm extension (*or* stretching) sideways (left and right)—*ône!* *Twó!* *Thré!* *Fóur!*" . . . 1 and 3 = Bend st. pos. 2 and 4 = yd. c stride st. resp. to the left and right, the foot being moved twice its own length to its own side. In the schoolroom precede by "*Right (l.)—face!*"

To be followed by *St. prep. to jump*. See VI., 10.

3. **St. 2 A. ext. sidew. and upw. in series** (§ 10, 2). "Arm extension (*or* stretching) sideways and upward—*Start!*" . . . *Position!*"

4. **Yd. c st. arch flex.** (§ 34, Fig. 10). "Arms sideways—*lift!* Trunk backward—*bend!* Upward—*stretch!*" . . . Hands—*turn!* Arms—*lift!* Trunk forward—*bend!* Upward—*stretch!*" . . . *Position!*"

5. **Wg. wlk. a st. 2 Kn. flex.** (§ 31, 5). In the classroom, first, "*Right (l.) oblique—face!*" — "*Hips—firm!* Left (r.) foot sideways forward—*place!* Heels *lift!* Knees—*bend!*" (The weight chiefly on the backward leg; the forward knee bends only slightly.) "Knees—*stretch!* Heels—*sink!* The same—*ône!*" . . . *Four!*" Change feet and repeat.

6. **Bend stoop st. 2 A. ext. upw.** (Fig. 10). "Arms upward—*bend!* Trunk forward—*bend!* Arm extension (*or* stretching) upward—*ône!* *Two!* *One!* *Two!*" . . . Trunk upward—*stretch!* *Position!*"

7. **Marching.**

8. **Str. ly. alt. L. elev.** (§ 45). "Sit on the floor! Lie down backward! Arms upward stretch—*ône!* *Twó!*" (The arms rest on the floor in a line with the body.) "Left (r.) leg—*lift!* Change legs—*ône!* *Two!*" . . . Leg—*sink!* Rise and stand!"

If the floor cannot be used, substitute XXVI., 8.

9.  $\frac{1}{2}$  **str. wg. close st. T. sidew. flex.** (§ 33, 4). "Feet close and hips—*firm!* Right (l.) arm upward stretch—*ône!* *Twó!* Trunk to the left (r.)—*bend!* Upward—*stretch!* To the left (r.)—*bend!* Upward—*stretch!*" etc. Bend to the side opposite the extended arm.

10. **90° Upw. jump** (§ 45). See XII., 10. Also repeat any of the preceding forms of jumping, and insist upon good form.

11. **Rest wlk. b st. 2 Heel-elev.** (§ 31, 2). "Left (r.) foot forward place and neck—*firm!* Heels—*lift!* Sink! The same—*ône!* *Two!*" . . . Change feet—*ône!* *Twó!*" etc.

12. **Yd. a st. 2 A. flg. and F. placing forw.** (§ 33, 3). "Arms forward—*bend!* Arm flinging, foot placing forward—*ône!* *Two!* *Thré!* *Four!* *One!* *Two!* *Thré!* *Four!*" . . . *Position!*" 1 = Yd. c wlk. b st. with the left foot advanced; 3 = the same with the right foot; 2 and 4 = Yd. a st. pos. Inhale on 1 and 3, exhale on 2 and 4.

End the lesson by *St. 2 Heel-elev.* (§ 31, 2).

## XXVI.

1. **Wg. st. H. rot. with flex.** (§ 36). Hips—firm! Head to the left (r.)—turn! Head backward—bend! Upward—stretch! . . . Forward—turn! . . . Position!" The head is bent in the direction of the occiput; i.e., obliquely backward.

2. **Yd. c wlk. a st. pos. in series** (§ 31, 1). "Left (r.) foot sideways forward place, and arms sideways stretch—one! Two! Arm extension (*or* stretching), change feet—one! Two! Continue! . . . Position!"

For modification in schoolroom, see XIX., 2.

3. **Yd. b st. 2 A. fig.** (§ 32, 8, 11). "Arms half-forward—bend! Arm flinging upward—one! Two! One! Two! . . . Position!"

4. **Yd. c st. arch flex.** See XXV., 4.

5. **Wg. wlk. d st. 2 Kn. flex.** (§ 31, 5). "Hips—firm! Left (r.) foot crosswise forward—place! Heels—lift!—Knees—bend! Knees—stretch! Heels—sink! The same—one! . . . Four! Change feet—one! Two!" etc. Compare VI., 2.

6. **Str. stoop st. 2 A. fig** (Fig. 10). "Arms upward stretch—one! Two! Trunk forward—bend! To horizontal, arms forward—sink! Upward—fling! The same—one! Two! . . . Trunk upward—stretch! Position!"

7. **Marching.**

8. **Yd. c Kn. st. T. backw. flex.** (§ 34, 3). "Arms sideways—lift! Heels—lift! Kneel! Trunk backward—bend! Upward—stretch! Backward—bend! Upward—stretch! . . . Position!"

9. **Yd. wlk. a st. T. rot.** (§ 34, 5). In the schoolroom first, "Right (l.) *oblique* face!"—"Left (r.) foot sideways forward place, and arms sideways stretch—one! Two! Trunk to the left (r.) turn! Forward—turn!" . . . Rotate to the side of the advanced foot.

10. **2 A. and L. fig. upw. jump.** See XXIV., 10. Also review XIX., 9.

11. **Rest st. alt. toe-elev.** (§ 31, 3). "Neck—firm! Alternate toe-elevation (*or* lifting)—start! . . . Stop! Position!"

12. **Yd. a st. 2 A. fig. and F. placing forw.** See XXV., 12.

End by *St. 2 Heel-elev.*

## XXVII.

1. **Yd. c wlk. b st. pos. in series** (§ 31, 1). "Arm extension (*or* stretching) sideways, foot placing, forward, left and right—one! Twó! Three! Four! Continue! . . . Position!"

2. **Wg. st. slow. 2 Kn. flex.** (§ 31, 5). "Hips—firm! Heels—lift! Slowly, knees—bend! Knees—stretch! Heels—sink! The same—one! . . . Four!" . . .

3. **Turn stride st. 2 A. ext. sidew.** (§ 40). "Feet sideways place, and hips firm—one! Twó! Trunk to the left (*r.*)—turn! Arm extension (*or* stretching) sideways—one! Twó! One! Twó!" . . .

Also review XXVI., 3 every other day.

4. **Yd. c st. arch flex.** (§ 39). "Arms sideways—lift! Trunk backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch! . . . Position!"

5. **Wg. cr. a  $\frac{1}{2}$  st. Kn. abd.** (§ 30, 17). "Hips—firm! Left (*r.*) knee upward—bend! Knee abduction—one! Twó!" . . . or "Knee sideways—move! Forward—move! The same—one! Twó!" The leg remains vertical throughout the movement.

6. **Str. stoop st. 2 A. elev.** (§ 11; § 33, 2). "Arms upward stretch—one! Twó! Trunk forward—bend! Arms sideways—sink! (*Yd. d pos.*) Lift! The same—one! Twó! . . . Trunk upward—stretch! Position!"

7. **Marching.**

8. **Yd. c foot gr. sitt. T. backw. flex.** (§ 43, Fig. 13). "Sit on the desks! Arms sideways—lift! Trunk backward—bend! Upward—stretch! . . . Position!" In absence of desks use the floor, as in XXI., 8. If the floor is too dirty to sit on, apply XXVIII., 8.

9. **Yd. c wlk. a st. rev. T. rot.** (§ 34, 6). In school-room, "Right (*l.*) *oblique*—face!"—"Left (*r.*) foot sideways forward place, and arms sideways stretch—one! Twó! Trunk to the right (*l.*)—turn! Forward—turn!" etc. Rotate to the side of the backward foot.

10. **Wg. courtesy sitt. sidew. jump.** "Hips—firm! Heels—lift! All the way down, knees—bend! Sideways jump!—one! Twó! One! Twó! . . . Position!" Executed on the same principles as XIII., 9. Review XI., 9.

11. **Rest wlk. c st. 2 Heel-elev.** (§ 30, 2). "Feet close, and neck—firm! Left (*r.*) foot forward—place! Heels—lift! Sink! The same—one! Twó!" etc.

12. **Yd. a turn close st. 2 A. fig.** (§ 46). "Feet—close! Arms forward—bend! Trunk to the left (*r.*)—turn! Arm flinging, breathe in—one! Breathe out—twó! The same—one! Twó! . . . To the right (*l.*)—turn!" etc.

End by *Close st. 2 Heel-elev. and St. H. backw. flex.*

## XXVIII.

1. Yd. wlk. *c* st. pos. in series (§ 31, 1). "Feet—close! Left (*r.*) foot forward and arms sideway stretch—one! Twó! Arm extension (*or* stretching), change feet—one! Twó! Óne! Twó! . . . (*or* Start! Stop!) Position!"

2. Wg. stride st. slow 2 Kn. flex. (§ 31, 5). "Feet sideways and hips firm—one! Twó! Heels—lift! Slowly, knees—bend! Upward—stretch! Heels—sink! The same—one! . . . Four!" etc.

3. Wg. turn stride st. 2 A. ext. upw. (§ 40). ("Feet sideways and hips firm—one! Twó!) Trunk to the left (*r.*)—turn! Arm-extension (*or* stretching) upward—one! Twó! Óne! Twó! . . . Hips—firm! To the right (*l.*)—turn!" etc.

4. Yd. *c* st. arch flex. See XXVII., 4.

5. Yd. *c* st. 2 Kn. flex. (§ 41). "Arms sideways stretch—one! Twó! Heels—lift! Knees—bend! Knees—stretch! Heels—sink! The same—one! Twó! Threé! Fóur!" . . .

6. Reach stoop stride st. 2 A. fig. (§ 33, 3). "Feet sideways place—one! Twó! Arms forward—lift! Trunk forward—bend! (Arms horizontal.) Arm-flinging upward—one! Twó! Óne! Twó! . . . Óne! Trunk upward—stretch! Position—one! Twó!"

7. Marching.

8. Yd. *c* Kn. st. T. backw. flex. (§ 30, 20). "Knée! Arms sideways—lift! Trunk backward bend! (Fall from the knee; do not arch.) Upward—stretch! . . . Position!"

9.  $\frac{1}{2}$  str. wg. wlk. *b* st. T. sidew. flex. (§ 44). "Hips—firm! Left (*r.*) foot forward—place! Right (*l.*) arm upward stretch—one! Twó! Trunk to the left (*r.*)—bend! Upward—stretch! . . . Change arms and feet—one! Twó! To the right—bend!" etc. Remember to bend to the side of the advanced foot, the opposite arm being in str. pos.

10. 1 step forw. jump. "Left (*r.*) foot forward, forward jump—one—twó! Three! Four! The same right (*l.*) foot—one—twó! Three! Four!" . . . 1=wlk. *b* st. pos. 2=jumping occurs forward from the advanced foot, the arms oscillating forward; landing takes place in usual form on both feet. 3=toe st. pos. 4=fund. pos.

To be followed (*or* substituted) by *Wg. toe st. stride jump*. See IX., 9.

11. Rest st. alt. toe and Heel-elev. (§ 31, 4). "Neck—firm! Alternate toe and heel elevation (*or* lifting)—óne! Twó! . . . (*or* Start! Stop!) Position!"

12. Yd. *a* turn close st. 2 A. fig. (§ 46). See XXVII. 12.

End by *Close st. 2 Heel-elev.*

## XXIX.

1. **St. 2 A. elev. sidew. and 2 Heel-elev.** (§ 46). See XVI., 11.

2. **Yd. wlk. d st. pos. in series** (§ 31, 1). "Left (r.) foot crosswise forward and arms sideways stretch—one! Twó! Arm-extension (*or* stretching), change feet—one! Two! Continue! . . . Position!"—In the schoolroom: "Right (l.) *oblique*—face! Foot-placing crosswise forward, arm-stretching sideways, right (l.) foot—one! Twó! . . . Position! Left (r.)—face!" etc. Compare XII., 2. For little folks substitute XXVII., 2.

3. **St. continuous 2 A. ext. sidew. and backw.** (§ 40). "Arm-extension (*or* stretching) sideways and backward—start! . . . Position!"

4. **Yd. c turn wlk. a st. arch flex.** (§ 39). In the schoolroom first "Right (l.) *oblique*—face!" Then "Left (r.) foot sideways forward and arms sideways stretch—one! Twó!" (See VIII., 2.) "Trunk to the left (r.)—turn!" (Rotate so far as to face in direction of the advanced foot.) "Backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch! . . . Forward—turn!" etc.

5. **Wg. toe st. alt. Kn. upw. flex.** (§ 30, 17). "Hips—firm! Heels—lift! Left (r.) knee upward—bend! Change feet—one! Twó! . . . Position!" Do not keep the pupils long in the wg. cr. *a* toe  $\frac{1}{2}$  st. pos.; but let the change occur rather quickly.

6. **Yd. d stoop stride st. 2 A. elev.** (§ 32, 10). "Feet sideways and arms sideways stretch—one! Twó! Hands—turn! Trunk forward—bend! Arms—lift! Sink! The same—one! Two! . . . Trunk upward—stretch!" etc.

7. **Marching.**

8. **Yd. c  $\frac{1}{2}$  Kn. st. T. backw. flex.** (§ 30, 21). "On the left (r.)—kneel! Arms sideways—lift! Trunk backward—bend! Upward—stretch! . . . Position!" Fall back, do not arch the body.

9. **Yd. c wlk. b st. T. rot.** (§ 35, 5). "Feet—close! Left (r.) foot forward and arms sideways stretch—one! Twó! Trunk to the left (r.)—turn! Forward—turn!" . . . Rotate to the side of the advanced foot.

10. **1 step forw. jump.** See XXVIII., 10, followed by *Wg. toe st. quick jump forw.* See XV., 9.

11. **Str. st. feet closing rhythmically** (§ 30, 3). "Arms upward stretch—one! Twó! Feet closing—one! Twó! . . . (*or* Start! Stop!)"

12. **Yd. d Turn close st. 2 A. elev.** (§ 46). "Feet—close! Arms sideways—lift! Hands—turn! Trunk to the left (r.)—turn! Arms—lift, breathe in! Sink, breathe out! The same—one! Two!" . . .

Followed by *Yd. a st. 2 A. flg.* See III., 11.

## XXX.

1. Yd. c st. 2 A. circ. See XV., 11.
2. Str. stride st. pos. in ser. (XIII., 2.) In school-room first "Right (l.)—face!" Then "Left (r.) foot sideways and arms upward stretch—one! Two! Arm-extension (or stretching), change feet—one! Two! . . . Position!"
3. Wg. turn close st. 2 A. ext. backw. (§ 40). "Hips firm and feet—close! Trunk to the left (r.)—turn! Arm-extension (or stretching), backward—one! Two! (or Start! Stop!) . . . To the right (l.)—turn!" etc.
4. Yd. c turn stride st. arch flex. (§ 39). "Feet sideways and arms sideways stretch—one! Two! Trunk to the left (r.)—turn! Backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch!" etc.
5. Wg. courtesy sitt. 2 A. ext. sidew. (§ 41). "Hips—firm! Heels—lift! All the way down, knees—bend! Arm-extension (or stretching), sideways—one! Two! . . . Position!"
6.  $\frac{1}{2}$  Str. yd. c stoop stride st. 2 A. elev. (§ 42). "Feet sideways and hips firm—one! Two! Trunk forward—bend! Left (r.) arm upward, right (l.) arm sideways stretch palm up—one! Two! Arm-elevation (or lifting)—one! Two!" . . . (One arm is raised while the other is lowered, the angle between the arms remaining 90°.) "Hips—firm! Trunk upward—stretch! Position!"
7. Rest close toe st. slow march (§ 33, 11). "Feet close and neck—firm! Heels—lift! Slowly forward march—one! Two! One! Two!" . . . Compare VII., 7.
8. Yd. c foot gr.  $\frac{1}{2}$  st. T. backw. flex. For foot gr.  $\frac{1}{2}$  st. pos. See XXIV., 8. For movement see XXIX., 8.  
In absence of desks give *Stoopfall F. placing*. (§ 34, 7). "Stoopfalling—one! Two! Feet forward place—one! Backward—two! The same—one! Two! . . . Position!" 1 = first part of stoopfall. pos.
9.  $\frac{1}{2}$  str. wg. wlk. c st. T. sidew. flex. (§ 35, 4). "Feet close and hips—firm! Left (r.) foot forward—place! Right (l.) arm upward stretch—one! Two! Trunk to the left (r.)—bend! Upward—stretch!" etc. Remember to bend only to the side of the advanced foot.
10. 180° Upw. jump. "Turning 180° to the left (r.) upward jump—one! Two! Three! Four! Five!" 3 = jump and turn just before landing: land in usual manner; etc.
11. Rest wlk d st. 2 Heel-elev. (§ 30, 8). In classroom first "Right (l.) *oblique*—face!" Then "Right (l.) foot cross-wise forward and neck—firm! Heels—lift! Sink! The same—one! Two!" etc.
12. Yd. d turn st. 2 A. elev. (§ 46). "Arms sideways—lift! Trunk to the left (r.)—turn!" etc. Compare XXIX., 12.  
End by Yd. a st. 2 A. flg. See III., 11.



## XXXI.

1. **Str. wlk. a st. pos. in series** (§ 38). In the school-room: "Right (l.) *oblique*—face! Arm-stretching upward, foot-placing sideways forward, left (r.)—one! Twó! One! Twó!" 1 = Bend st. pos.; 2 = str. wlk. a st., the left (r.) foot advanced.) Later: "Stárt! . . . Stop!" Position! Left (r.)—face!" etc.

In the hall command: . . . "foot-placing sideways forward, left and right—" str. wlk. a st. pos. is then taken alternately to each side.

2. **Wg. toe st. 2 kn. flex. to sitt. pos.** See XIX., 5.

3. **St. 2 A. ext. upw. slowly** (§ 33. 1). "Slowly, arms upward stretch—one! Twó! The same—one! Twó! . . . Position!" The arms move through yd. e pos. (Fig. 7. 6), slowly into str. pos. (Fig. 7. 4), elbows drawn well back and hands extended.

4. **Yd. turn st. arch flex.** (§ 39). (In the class-room, first: "Right (l.) *oblique*—face!") "Arms sideways—lift! Trunk to the left (r.)—turn! Backward—bend! Upward—stretch!" . . . Forward—bend! Upward—stretch!" . . .

5. **Yd. wlk. b st. 2 kn. flex.** For commencing pos., command as in IX., 2, for movement as in IV., 5.

6. **Yd. b stoop st. 2 A. flg.** "Arms half forward—bend! (§ 32. 8.) Trunk forward—bend! Arm-flinging upward—one! Two! Óne! Two!" . . . (1 = Yd. e; 2 = Yd. b). Trunk upward—stretch! Position!"

7. **Marching.**

8. **Stoopfall. H. rot.** (§ 34. 7). "Hands on the chairs—place! Feet backward—place! Head rotation (*or* turning) left and right—one! Twó! . . . Forward—turn! Position!"

9. **Yd. c wlk. c st. T. rot.** Command for commencing pos. as in X., 2. "Trunk to the left (r.)—turn!" Rotate to the side of the advanced foot.

10. **180° upw. jump** (§ 45). See XXX., 10, to alternate with *1 step's start forw. jump.* See XXVIII., 10.

11. **Str. st. 2 Heel-elev.** (§ 32. 5 and 31. 2).

12. **Bend turn close st. 2 A. ext. to Yd. d** (§ 46). "Arms upward—bend! Feet—close! Trunk to the left (r.)—turn! Arm-extension (*or* stretching) sideways, palms up, breathe in—one! Breathe out—two! The same—one! Twó!" . . .

## XXXII.

1. Yd. *c* st. 2 A. flg. forw. See XVIII., 6.
2. Yd. *c* toe st. H. rot. Arms sideways—lift! Heels—lift! Head rotation (*or* turning), left and right—one! Two! . . . Position!
3. St. slow. 2 A. ext. upw. See XXXI., 3, to alternate with XVII., 6.
4. Yd. *c* turn close st. arch flex. (§ 39). Command as in XIX., 9, followed by "Trunk backward—bend!" etc.
5. Yd. *a* courtesy st. 2 A. flg. (§ 41). "Arms forward—bend! Heels—lift! To right angles, knees—bend! Arm-flinging—one! (Yd. *c*). Two! One! Two! . . . Position!"
6. Wg. stoop stride st. 2 A. ext. to Yd. *d* (§ 42). "Feet sideways place and hips—firm! Trunk forward—bend! Arm-extension sideways, slowly, palms up—one! Two!" . . .
7. Marching.
8. Stoopfalling F. placing (§ 43). "Stoop-falling position—one! Two! (See XXXI., 8. Feet forward place—one!" "If the hands are on the floor, put feet near them; if on chairs, put feet as far forward as possible." "Backward—two! The same—one! Two! . . . Position!"
9.  $\frac{1}{2}$  str. wg. turn stride st. T. sidew. flex. (§ 44). "Feet sideways place and hips—firm! Trunk to the left (*r.*)—turn! Right (*l.*) arm upward stretch—one! Two! Trunk to the left (*r.*)—bend! Upward—stretch!" . . . Bend to the side opposite the extended arm.
10. Two steps start forw. jump. (§ 45). "Left (*r.*) and right (*l.*) foot forw. jump—one-two! Three! Four!" 1=left (*r.*) foot in wk. *b* pos.; 2=right (*l.*) foot passes the other one and springs the body from the ground, landing occurring in usual manner. The arms swing forward to assist the movement.—To alternate with wg. toe  $\frac{1}{2}$  st. quick jump forw. See XXX., 10.
11. Str. stride st. 2 Heel-elev. (§ 41, p. 54. Command: see XIII., 2, and § 31. 2.
12. Yd. *d* turn close st. 2 A. elev. (§ 46). "Feet—close! Arms sideways—lift! Trunk to the left (*r.*)—turn! Hands—turn! Arms lift and breathe in—one! Sink and breathe out—two! The same—one! Two!" . . .

## XXXIII.

1. **Str. wlk. c st. pos. in series** (§ 38). "Feet—close! Foot-placing forward, arm-extension upward—One! Two! Three! Four!" . . . Later Start! . . . Stop!" 1 and 3 = bend close st. pos.; 2 and 4 = str. wlk. c st. pos., with each foot alternating.

2. **Wg. fallout. b st. pos.** (§ 30. 11). "Hips—firm! Left (r.) foot forward (backward) — fallout! Change feet — one! Two!" . . .

3. **St. 2 A. ext. forw. and backw. in series** (§ 40). "Arm-extension (*or* stretching) forward and backward — start! Stop!" . . .

4.  $\frac{1}{2}$  **str. wg. turn wlk. a st. arch flex.** (§ 39). (In the schoolroom, first: "Right (l.) *oblique* — face!") Left (r.) foot sideways forward place and hips — firm! Trunk to left (r.) — turn! (*Rotate to the side of the advanced foot.*) Right (l.) arm upward stretch — one! Two! (*The arm opposite the advanced foot.*) Backward — bend! Upward — stretch! . . . Forward — bend! Upward — stretch!" . . . etc.

5. **Yd. c st. L. elev. backw.** (§ 41). "Arms sideways — lift! Left (r.) leg backward — lift! (Fig. 3. 1.) Change feet — one! Two! The same — one! Two! . . . Position!"

6. **Str. stoop. st. 2 A. flex. to Yd. e** (§ 42). "Arms upward — stretch! Trunk forward — bend! Half way, slowly, arms — bend! (Fig. 7. 6.) Stretch! The same — one! Two!" . . .

7. **Marching.**

8. **Rest ly. excentric 2 L. elev.** (§ 43). "Lie on your back! (XVII., 8.) Neck — firm! Knees upward — bend! (= *cr. a pos.* Fig. 3. 2.) Knees — stretch! (= *cr. b pos.* Fig. 3. 3.) Legs — sink! The same — one! Two! Three!" . . .

If the floor cannot be used, apply XXXIV., 8, or XXXII., 8.

9. **Yd. c wlk. c st. rev. T. rot.** (§ 44). For commencing pos. see X., 2. For movement see § 34, 6. Rotate to the side of the backward foot.

10. **Two steps start forw. jump.** See XXXII., 10, to alternate with *Sidew. jump.* See XVI., 9.

11. **Str. close st. 2 Heel-elev.** § 30. 3; 32. 5; 31. 2.

12. **Turn close st. 2 A. elev. forw. upw.** (§ 46). "Feet — close! Trunk to the left (r.) — turn! Arms forward upward — lift (breathe in)! Sideways downward — sink (breathe out)! The same — one! Two!" . . .

## XXXIV.

1. **Str. wlk. *d* st. pos. in series.** (§ 10. 2). "Left (r.) foot crosswise forward place and arms upward stretch—one! Twó! Arm-extension, change feet—one! Twó! . . . Position!" For space in class-room, compare XXIX., 2. For small children substitute XXXI., 1.

2. **Wg. st. slow 2 Kn. flex.** See XXVII., 2.

3. **Turn st. 2 A. ext. sidew.** (§ 40). "Hips—firm! Trunk to the left (r.) turn! Arm-extension sideways—one! Twó! One! Twó!" . . .

4.  $\frac{1}{2}$  **str. wg. turn wlk. *b* st. arch flex.** (§ 39). "Hips—firm! Left (r.) foot forward—place! Trunk to the left (r.)—turn! Right (l.) arm upward stretch—one! Twó! Trunk backward—bend! Upward—stretch! Backward—bend! Upward—stretch!" Repeat to the other side; then: "Position! Arms upward—stretch! Trunk forward downward—bend!" (Fig. 10.) "Upward—stretch! Position!"

5. **Yd. *c* close toe st. slow march.** "Feet—close! Arms sideways—lift! Heels—lift! Slowly, forward march—one! Twó!" . . . Compare VI., 7.

6. **Yd. *c* fallout st. *b* 2 A. circ.** (§ 42). "Hips—firm! Left (r.) foot backward—fallout! Arms sideways—stretch! Arm-circumduction (or circling)—start! Stóp! Arm-extension, change feet—one! Twó!" . . .

7. **Marching.**

8.  $\frac{1}{2}$  **str. Kn. st. T. backw. flex.** (§ 43). "Hips—firm! Heels—lift! Kneel! Left (r.) arm upward—stretch! Trunk backward—bend! (Fall from the knees; do not arch the body.) Upward—stretch!" . . .

9.  $\frac{1}{2}$  **str. wg. turn wlk. *c* st. T. sidew. flex.** (§ 44). "Feet close and hips—firm! Left (r.) foot forward—place! To the left (r.)—turn! Right (l.) arm upward—stretch! To the left (r.)—bend!" Rotate and bend to the side of the advanced foot, with the opposite arm extended.

10. **Yd. *c* toe  $\frac{1}{2}$  st. jump.** Compare XXIII., 10, and XXX., 10.

To be followed by 2 *A. fling. upw. jump.* See XX., 10.

11. **Str. wlk. *a* st. 2 Heel-elev.** See XIV., 2, and § 31. 2.

12. **Turn close st. 2 A. elev. sidew. upw.** (§ 46). "Feet—close! Trunk to the left (r.)—turn! Arms sideways upward—lift (breathe in)! Sideways downward—sink (breathe out)! The same—one! Twó!" . . .

Begin and end lesson by H. flex. backw. and Stride st. 2 Heel-elev.

## XXXV.

1. **St. 2 A. ext. sidew.** See I., 11.

2. **Wg. stride st. 2 Heel-elev. in series.** In class-room, first: "Right (l.)—face!"—"Hips—firm! Foot placing sideways, heel-elevation, left (r.)—one! Two! Three! Four! . . . or start! . . . Stop!" 1 and 3=wg. stride st.; 2=wg. stride toe st.; 4=Wg. st.

3. **Turn st. 2 A. ext. upw.** "Trunk to the left (r.)—turn! Arm-extension upward—one! Two! One! Two!" . . .

4.  $\frac{1}{2}$  **str. wg. wlk. c st. arch flex.** (§ 39). For Wg. wlk. c st., see V., 2. Then: "Right (l.) arm upward—stretch!" (The arm opposite the advanced foot.) Trunk backward—bend! Upward—stretch!" . . . Repeat with each foot in advance, then form fund. pos. "Arms upward—stretch! Trunk forward downward—bend!" . . .

5. **Yd. c courtesy st. H. rot.** (§ 41). "Arms sideways—lift! Heels—lift! Knees—bend! Head rotation (or turning), left and right—one! Two! . . . Forward—turn! Position!"

6. **Yd. a fallout st. b 2 A. fling.** (§ 42). "Arms forward bend and left (r.) foot backward—fallout! Arm-flinging—one! Two!" . . .

7. **Marching.**

8.  $\frac{1}{2}$  **str. Foot gr. sitt. T. backw. flex.** For comg. pos. compare XXII., 8. Left (r.) arm upward—stretch! Trunk backward—bend!" . . .

If desks are not at hand and floor is not suitable, apply XXXIV., 8.

9. **Yd. c Kn. st. T. rot.** (§ 44). "Heels—lift! Kneel! Arms sideways—stretch! Trunk to the left (r.)—turn!" . . .

10. **3 steps' start forw. jump.** "Three steps, left (r.) foot forward jump—one, two—thré! Four! Five! The same right (l.) foot—one, two—thré! Four! Five!" Compare XXXII., 10.

To be followed by 90° upw. jump. See XII., 10.

11. **Str. wlk. b st. 2 Heel-elev.** See XV., 2 and § 31. 2.

12. **Yd. c turn close st. 2 A. circ.** For commencing, pos., see XIX., 9. Then "Arm-circumduction, respiration—start! . . . Stop!"

Begin and end by H. sidew. flex. and H. flex. backw.

## XXXVI.

1. **St. 2 A. elev. sidew.** See V., 11.

2. **Wg. wlk. a st. 2 Heel-elev. in series.** "Hips — firm! Foot-placing sideways forward, heel-elevation, left (r.) — óne! Twó! Three! Fóur! The same, right (l.) — óne! . . . Fóur! or " . . . left and right — stárt! . . . Stóp!" Compare XIX., 2.

3. **St. 2 A. ext. forw. and upw. in series (§ 40).** "Arm-extension forward and upward — stárt! . . . Stóp! Position!" (or " . . . one! Twó! Three! Fóur! Continue! . . . Stóp!")

4.  $\frac{1}{2}$  **str. wg. turn stride st. arch flex.** (§ 39). "Feet sideways place and hips — firm! Trunk to the left (r.) — turn! Right (l.) arm upward — stretch! Trunk backward — bend! Upward — stretch! . . . Forward — turn! Arms upward — stretch! Trunk forward downward — bend!" . . .

5. **Yd. c cr. a  $\frac{1}{2}$  st. pos.** (§ 41). "Arms sideways — lift! Left (r.) knee upward — bend! Change feet — óne! Two!" . . .

6. **Yd. c fallout st. b 2 A. rot.** (§ 42). "Hips — firm! Left (r.) foot backward — fallout! Arms sideways — stretch! Hand-turning — óne! Twó!" . . .

7. **Marching.**

8.  $\frac{1}{2}$  **str. wg. F. gr. sitt. T. backw. flex.** (§ 43). See XXXV., 8, or substitute XXXVII., 8.

9.  $\frac{1}{2}$  **str. wg. turn st. T. sidew. flex.** (§ 44). "Hips — firm! Trunk to the left (r.) — turn! Right (l.) arm upward — stretch! . . . Trunk to the left — bend! Upward — stretch!" Compare XXXII., 9.

10. **Yd. c toe  $\frac{1}{2}$  st. quick jump forw.** See XXXIV., 10.

Followed by *2 A. and L. fling upw. jump.* See XXIV., 10.

11. **Str. st. alt. toe-elev.** See § 32. 5, and § 31. 3.

12. **Yd. a turn stride st. 2 A. fling.** (§ 46). "Feet sideways — place! Arms forward — bend! Trunk to the left (r.) — turn! Arm-flinging (respiration) — óne! Two! Óne! Two!" . . .

# XXXVII.

1. **Yd. a st. 2 A. flg.** See III., 11.
2. **Wg. wlk. b st. 2 Heel-elev. in series** (§ 38). "Hips—firm! Foot-placing forward, heel-elevation, left and right—start! . . . Stop!"  
Compare XXXV., 2.
3. **Turn st. 2 A. ext. backw.** (§ 40). "Trunk to the left (r.)—turn! Arm-extension backward—*óne!* *Twó!* *One!* *Twó!*" . . .
4.  **$\frac{1}{2}$  str. wg. close st. arch flex.** (§ 39). "Feet close and hips—firm! Left (r.) arm upward—stretch! Trunk backward—bend! Upward—stretch!" . . . Repeat twice with each arm up; then "Arms upward—stretch! Trunk forward, downward—bend!" . . .
5. **Yd. c stride st. 2 Kn. flex.** (§ 41). Commencing pos.: see VII., 2. Movement: see § 30. 15.
6. **Wg. fallout st. b 2 A. swim** (§ 42). Comg. pos.: see XX., 5. Movement: see XX., 6.
7. **Marching.**
8. **Stoopfall. alt. L. elev.** (§ 43). Comg. pos.: see § 34. 7. Then "Left (r.) leg—lift! Change feet—*óne!* *Twó!* . . . Position!" The leg is lifted straight backward as high as possible. In mixed schools substitute XXXVIII., 8.
9. **Rest close st. T. rot.** (§ 44). "Feet close and neck—firm! Trunk to the left (r.)—turn! Forward—turn!" . . .
10. **3 steps' start forw. jump.** See XXXV., 10.  
Followed by *180° upw. jump*. See XXX., 10.
11. **Str. wlk. c st. 2 Heel-elev.** XVI., 2, and § 31. 2.
12. **St. 2 A. elev. sidew. and 2 Kn. flex.** (§ 46). "Arm-elevation (*or* lifting) sideways and knee-flexion (*or* bending)—*one!* *Two!* *One!* *Two!*" . . . 1=The arms are raised into yd. c pos. while the knees bend to courtesy st. pos. (the heels rising as the knees bend); inhalation occurs during this motion. 2=Fund. pos. is resumed while exhalation occurs.

## XXXVIII.

1. Bend st. 2 A. ext. to Yd. d. See VII., 11.
  2. Wg. wlk. d st. 2 Heel-elev. in series (§ 38). "Hips—firm! Foot-placing crosswise forward, heel-elevation—start! . . . stop!" Compare XXXV., 2. For little folks substitute XXXVI., 2, and do the foot-placing backward.
  3. St. 2 A. ext. backw. and upw. in series (§ 40). "Arm-extension backward and upward—start! . . . Stop!" (Or "... one! Twó! Three! Fóur! Continue!")
  4.  $\frac{1}{2}$  str. wg. turn st. arch flex. (§ 39). "Hips—firm! Trunk to the left (r.)—turn! Right (l.) arm upward—stretch! Trunk backward—bend! Upward—stretch!" . . . Repeat to the other side; then "Forward—turn! Arms upward—stretch! Trunk forward downward—bend!" . . .
  5. Yd. c stride courtesy st. H. rot. (§ 41). "Feet sideways place and arms sideways—stretch! Heels—lift! Knees—bend! Head rotation (or turning), left and right—óne! Twó! Óne! Twó!" . . .
  6. Wg. fallout st. b 2 A. ext. to  $\frac{1}{2}$  str. Yd. c (§ 42). Comp. pos. see XX., 5. Movt.: see IX., 3.
  7. Marching.
  8.  $\frac{1}{2}$  str.  $\frac{1}{2}$  Kn. st. T. backw. flex. (§ 43). "Hips—firm! On the left (r.)—kneel!" (§ 30. 21). "Left (r.) arm upward—stretch! Trunk backward—bend! Upward—stretch!" . . .
  9.  $\frac{1}{2}$  str. wg. turn close st. T. sidew. flex. (§ 44). "Feet close and hips—firm! Trunk to the left (r.)—turn! Right (l.) arm upward—stretch! To the left (r.)—bend!" etc.
  10. Wg. stride toe st. quick jump, feet strike (§ 45). "Feet sideways place and hips—firm! Heels—lift! Quick jump, feet strike—óne! Twó! Óne! Twó! . . . Heels—sink! Position!" Jump and strike the feet together and land in wg. stride toe st. pos. with slightly bent knees; and repeat continuously, each landing serving as the start for the next jump.
- To be followed by *Forw. jump*. See XI., 9.
11. Str. st. alt. toe and Heel elev. § 32. 5, and § 31. 4.
  12. Turn stride st. 2 A. elev. sidew. (§ 46). "Feet sideways—place! Trunk to the left (r.)—turn! Arms sideways lift and breathe in—one! Sink and breathe out—two! The same—one! Two!" . . .



## XXXIX.

1. St. 2 A. elev. forw. upw. See XI., 11.

2. Yd. c stride st. 2 Heel-elev. in series. In the classroom, first: "Right (l.) — face!" — "Arm-extension sideways, foot-placing sideways and heel-elevation, left and right — one! Twó! Threé! Four! One! Twó! Threé! Four! . . . (or Stárt! Stóp!)" 1 = Bend st. pos.; 2 = Yd. c stride st. pos. to the left (r.); 3 = Heels lift; 4 = Heels sink.

3. Turn close st. 2 A. ext. sidew., palms up (§ 40). "Feet — close! Trunk to the left (r.) — turn! Arm-extension sideways, palms up — one! Twó! One! Twó!" . . .

4.  $\frac{1}{2}$  str. wg. st. arch flex. (§ 39). "Hips — firm! Left (r.) arm upward — stretch! Trunk backward — bend! Upward — stretch! . . . Arms upward — stretch! Trunk forward downward — bend!" . . .

5. Yd. c st. 2 Kn. flex. to sitt. pos. (§ 41). "Arms sideways — lift! Heels — lift! All the way down, knees — bend! Knees — stretch! Heels — sink! The same — one! . . . Four!" . . .

6. Wg. fallout st. b 2 A. ext. upw. (§ 42). Comg. pos.: see XX., 5. Movt.: see II., 3.

7. Marching.

8.  $\frac{1}{2}$  str. wg. F. gr.  $\frac{1}{2}$  st. T. backw. flex. For wg. F. gr.  $\frac{1}{2}$  st., see XXIV., 8. Then "Left (r.) arm upward — stretch! Trunk backward — bend! Upward — stretch!" . . . (Fall; do not arch.)

In absence of desks apply XXXVIII., 8.

9. Rest st. T. rot. (§ 44). "Neck — firm! Trunk to the left (r.) — turn!" . . .

10. Forw. jump over marks (§ 45). Make two chalk marks on the floor about two feet apart; let the pupils jump over the lines to commands as in XI., 9.

To be followed by *One step's start forw. jump*. See XXVIII., 10.

11. Str. wlk. d st. 2 Heel-elev. See XVII., 2, and § 31. 2.

12. Yd. a walking. 2 A. fling. (§ 46). "With arm forward flexion and sideways flinging, forward march — one! Two! Three! One! Two! Three! . . . Position!" 1 = Yd. a wlk. b st. pos. with the left (r.) foot; 2 = the right (l.) foot takes a step forward; 3 = the left (r.) foot takes a step forward, while the arms are flung into Yd. c pos. Inhalation occurs at 3, exhalation at 1.

## XL.

1. Yd. *d* st. 2 A. elev. See IX., 11.

2. Yd. *c* wlk. *a* st. 2 Heel-elev. in series. "Arm extension sideways, foot-placing sideways forward and heel-elevation—one! Two! Three! Four! One! Two! Three! Four! . . . (or start! . . . Stop!)" For execution, compare XXXIX., 2. For space, compare VIII., 2.

3. St. 2 A. ext. forw., sidew. and upw. in series (§ 40). "Arm forward, sideways, and upward—stretch! (or One! Two! Three! Four! Five! Six!) Continue! . . . Position!"

4.  $\frac{1}{2}$  str. wg. turn close st. arch flex. (§ 39). "Feet close and hips—firm! Trunk to the left (r.)—turn! Right (l.) arm upward—stretch! Trunk backward—bend! Upward—stretch!" . . . followed by *Str. stride st. T. forw. downw. flex.*

5. Bend courtesy sitt. 2 A. ext. sidew. (§ 41). "Arms upward—bend! Heels—lift! All the way down knees—bend! Arm-extension sideways—one! Two! One! Two! . . . Position!"

6. Str. fallout st. *b* 2 A. fling. (§ 42). "Hips—firm! Left (r.) foot backward—fallout! Arms upward—stretch! Arms forward—sink!" (Reach pos.) "Upward—fling! The same—one! Two!" . . .

7. Marching.

8. Wg. fall. Kn. st. T. rot. (§ 43). "Hips—firm! Kneel! Trunk backward—bend! (See XVIII., S.) To the left (r.)—turn! To the right (l.)—turn! Forward—turn!" . . .

9. Rest. stride st. T. sidew. flex. (§ 44). "Feet sideways place and neck—firm! Trunk to the left (r.)—bend! Upward—stretch!" . . .

10. Wg. stride toe st. quick jump, feet strike. See XXXVIII., 10.

Followed by *Sidew. jump.* See XVII., 10.

11. Wg. st. 2 Kn. flex. See XXVII., 2.

12. Bend turn stride st. 2 A. ext. to Yd. *d* (§ 46). "Feet sideways—place! Arms upward—bend! Trunk to the left (r.)—turn! Arm-extension sideways, palms up—one! Two!" . . . Inhale when the arms extend, exhale when they bend.

## XLI.

1. **St. 2 A. elev. sidew. upw.** See XIII., 11.
  2. **Yd. c wlk. b st. 2 Heel-elev. in ser.** "Arm-extension sideways, foot-placing forward and heel-elevation—one! Two! Three! Four!" . . . Compare XXXIX., 2.
  3. **Turn wlk. a st. 2 A. ext. upw.** (§ 40). In class-room, first "Right (l.) *oblique*—face!"—Left (r.) foot sideways forward—place! Trunk to the left (r.)—turn! Arm-extension upward—start! . . . Stóp! Position!
  4.  $\frac{1}{2}$  **str. wg. stride st. arch flex.** (§ 39). "Feet sideways place and hips—firm! Left (r.) arm upward—stretch! Trunk backward—bend! Upward—stretch!" . . . Followed by *Str. stride st. T. forw. downrd. flex.*
  5. **Yd. c cr. a  $\frac{1}{2}$  st. F. flex. and ext.** (§ 41). Comg. pos.: see XXXVI., 5. Then "Foot flexion and extension—one! Two!" . . . See XI., 5.
  6. **Str. fallout st. b 2 A. elev.** (§ 42). Comg. pos. as XL., 6. Then "Arms sideways—sink!" (Yd. d pos.) "Lift! The same—one! Two!" . . .
  7. **Marching.**
  8. **Str. ly. excentric 2 L. elev.** Comg. pos. as XXV., 8. Then "Knees upward—bend!" (= cr. a pos. of both legs.) "Knees—stretch!" (= Legs vertical.) "Legs—sink!" (= The straight legs sink to the floor.) "The same—one! Two! Three!" . . .
- If the floor cannot be used, apply XXXI., 8.
9. **Rest stride st. T. rot.** (§ 44). "Feet sideways place and neck—firm! Trunk to the left (r.)—turn! Forward—turn!" . . .
  10. **Forw. jump over marks.** See XXXIX., 10.  
Followed by *2 steps' start forw. jump.* See XXXIII., 10.
  11. **Wg. wlk. b st. slow. 2 Kn. flex.** See IV., 5.
  12. **Yd. d st. 2 A. elev. and 2 Kn. flex.** (§ 46). "Arms sideways—lift! Hands—turn! Arm-elevation (or lifting), knee-flexion (or bending)—one! Two! The same breathe in—one! Breathe out—two!" . . . The heels rise while the knees bend; they sink while the knees stretch.

## XLII.

1. St. 2 A. elev. sidew. and 2 Kn. flex. See XXXVII., 12.

2. Yd. c wlk. c 2 Heel-elev. in series. "Feet — close! Arm-extension sideways, foot-placing forward and heel-elevation, left (r.) — one! Two! Three! Four! . . . (or " . . . left and right — start! . . . Stop!")" For execution see XXXIX., 2.

3. St. 2 A. ext. forw., sidew. and backw. in series (§ 40). "Arms forward, sideways and backward — stretch! . . . Continue! Position!"

4. Rest wlk. b st. arch flex. (§ 39). "Commenc. pos.: see § 32. 3, and § 30. 6. "Trunk backward — bend! Upward — stretch! . . . Arms upward — stretch! Trunk forward downward — bend! Upward — stretch! Neck — firm! Change feet — one! Two!" etc.

5. Yd. a courtesy sitt. 2. A. fling. (§ 41). "Arms forward — bend! Heels — lift! All the way down, knees — bend! Arm-flinging — one! Two! One! Two! . . . Position!"

6. Reach fallout st. b 2 A. fling. (§ 42). "Hips — firm! Left (r.) foot backward (forw.) — fallout! Arms forward — stretch! Arm-flinging upward — one! Two!" . . . Compare XL., 6.

7. Marching.

8. Wg. fall. foot gr. sitt. T. rot. (§ 13). For commencement. pos. see XXI., 8. (§ 34. 3, and Fig. 13.) "Trunk to the left (r.) — turn! Forward — turn! . . . Trunk upward — stretch! Position!"

9. Rest st. T. sidew. flex. (§ 44). "Neck — firm! Trunk to the left (r.) — bend! Upward — stretch!"

10. Wg. wlk. d toe st. jump. (§ 45). "Hips — firm! Left (r.) foot crosswise forward — place! Heels — lift! Jump and change feet — one! Two! One! Two!" . . . Compare Wg. wlk. b. toe st. jump. (XVIII., 10), which is used as substitute if space forbids the use of the first one.

To be followed by 2 steps' start forw. jump. See XXXIII., 10.

11. Wg. stride st. slow 2 Kn. flex. See XXXIII., 2.

12. Yd. d turn stride st. 2 A. elev. (§ 46). "Feet sideways place and arms sideways — stretch! (See VII., 2.) Trunk to the left (r.) — turn! Hands — turn! Arms — lift! Sink! The same, breathe in — one! Breathe out — two!" . . .

## XLIII.

1. Yd. *d* st. 2 A. elev. See IX., 11.

2. Yd. *c* wlk. *d* st. 2 Heel-elev. in ser. (§ 38). "Arm-extension sideways, foot-placing crosswise forward and heel-elevation—one! Twó! Thrée! Four!" . . . For execution see XXXIX., 2, which may be used as substitute for little folks.

3. Turn stride st. 2 A. ext. backw. (§ 40). "Feet sideways—place! Trunk to the left (r.)—turn! Arm-extension backward—start! . . . Stop!"

4. Rest wlk. *c* st. arch. flex. (§ 39). Comg. pos. see § 30. 7 and § 32. 3. Movt.: § 34. 2 and § 35. 3.

5. Yd. *c* courtesy sitt. H. rot. (§ 41). Pos.: see XXXIX., 5. Movt.: see XII., 6.

6. Yd. *d* fallout st. *b* 2. A. elev. (§ 42). Pos. XXXVI., 6. "Hands—turn! Arms—lift! Sink! The same—one! Two!" . . .

7. Marching.

8. Stoopfall. F. placing (§ 43). See XXXII., 8.

9. Rest wlk. *a* st. T. rot. (§ 44). "Left (r.) foot sideways forward place, and neck—firm! Trunk to the left (r.)—turn!" . . . Compare IV., 2 and VII., 8.

10. Sidew. jump. over marks. Make two marks on floor. Pupil stands with his right (l.) side turned towards them. "To the right (l.) jump—one! . . . Five!" . . . Compare XVI., 9 and XXXIX., 10.

To be followed by 3 *steps' start forw. jump*. "Three steps, left (r.) foot, forward jump—one—two—three!! Four! Five!" Compare XLI., 10.

11. Wg. fallout st. *a* Heel-elev. (Page 54). "Hips—firm! Left (r.) foot sideways forward—fallout! Heel-elevation—one! Twó! Óne! Twó!" . . . 1 = The heel of the advanced foot is raised, this knee bending a little more. 2 = The heel is lowered. Compare XVII., 5.

12. Turn stride st. 2. A. elev. forw. upw. (§ 46). "Feet sideways—place! Trunk to the left (r.)—turn! Arms forward upward—lift! Sideways, downward—sink! The same, breathe in—one! Breathe out—two!"

## XLIV.

1. Yd. *c* st. 2 A. circ. See XV., 11.

2. Rest stride st. 2 Heel-elev. in ser. (§ 38). In the classroom first "Right (l.)—face!" "Neck—firm! Foot—placing sideways, heel-elevation left and right—*one!* *Two!* *Three!* *Four!*" . . . 1 = left (r.) foot sideways place. 2 = heels lift. 3 = heels sink! 4 = left (r.) foot resumes fund. pos.

3. St. 2 A. ext. forw., backw. and upw. in ser. (§ 40). "Arms forward, backward and upward stretch—start! . . . Stop! Position!"

4. Rest turn wlk. *a* st. arch flex. (§ 39). Pos. = XLIII., 9. Movt. = § 34. 2 and § 35. 3.

5. Yd. *c* stride st. 2 Kn. flex. to sitt. (§ 41). Com. pos. = VII., 2. Movt. = XIV., 5.

6. Wg. fallout st. *b* 2 A. ext. to Yd. *d* (§ 42). Com. pos. = XX., 5. Movt. = VII., 11.

7. Marching.

8. Wg. fall  $\frac{1}{2}$  Kn. st. T. rot. (§ 43). "Hips—firm! On the left (r.)—kneel. Trunk backward—bend! (§ 34. 3). Trunk to the right (l.)—turn! Forward—turn!" . . . Rotate to the side of the forward foot.

9. Rest close st. T. sidew. flex. (§ 44). "Feet close and neck—firm! Trunk to the left (r.)—bend! Upward—stretch!" . . .

10. Wg. wlk. toe st. quick jump. See XLII., 10.

Followed by *A. fig. upw. jump.* See XXI., 10.

11. Wg. fallout st. *c* Heel-elev. (Page 54). Com. pos., § 30. 12. "Heel-elevation—*one!* *Two!*" . . . See XLIII., 11.

12. Turn stride st. 2 A. elev. sidew. upw. (§ 46). Com. pos. XLIII., 12. "Arms sideways upward—lift! Sideways downward—sink! The same, breathe in—*one!* Breathe out—*two!*" . . .

XLV.

1. **St. 2 A. elev. sidew. and 2 Heel-elev.** See XVIII., 12.

2. **Rest wlk. b st. 2' Heel-elev. in ser.** See XLIV., 2. "Foot-placing forward, heel-elevation — one! . . . Four!" . . .

3. **Turn wlk. a st. 2 A. ext. sidew.** (§ 40). Com. pos.: See VII., 8. "Arm-extension sideways — start! . . . Stop! Position!"

4. **Rest turn stride st. arch flex.** (§ 39). Com. pos.: See XLI., 9. Movt. = § 34. 2 and § 35. 3.

5. **Yd. c cr. a  $\frac{1}{2}$  st. Kn. ext. backw.** (§ 41) § 32. 9 and XIII., 5.

6.  **$\frac{1}{2}$  str. yd. d fallout st. b 2 A. elev.** (§ 42). "Hips — firm. Left (r.) foot backward (forw.) — fallout! Left (r.) arm upward, right (l.) arm sideways — stretch! Right (l.) hand — turn! Arm-elevation — one! Two!" . . . 1 = Right (l.) arm rises to str. pos., while the left (r.) one is lowered into Yd. d pos. 2 = The reverse. — The arms are at right angles to each other throughout the movement.

7. **Marching.**

8. **Rest ly. slight 2 L. elev.** (§ 43). Com. pos. = XIX., 8. "Slightly, legs — lift! Sink! The same — one! Two!" . . . In case the floor cannot be used apply XXXVII., 8.

9. **Rest. wlk. a st. rev. T. rot.** (§ 44). Movt. as in XIII., 8.

10. **Sidew. jump. over marks.** See XLIII., 10.

Followed by 90° upw. jump. See XII., 10.

11. **Wg. st. slow. 2 Kn. flex. to sitt.** Compare XL., 11 and X., 5.

12. **Yd. a st. 2 A. fig. and  $\frac{1}{2}$  step forw.** (§ 46). "Arms forward — bend! Arm-flinging, half step forward — one! Two! Thrée! Four!" Executed as XXV., 12, except that the weight of the body is brought over to the advanced foot and the backward heel is raised from the ground. Arch the body as the foot advances and the arms fling sideways.

## XLVI.

1. Yd. *d* st. 2 A. elev. and 2 Kn. flex. See XLI., 12.
2. Rest. wlk. *a* st. 2 Heel-elev. in series. Compare XLIV., 2 "Foot-placing sideways forward, heel-elevation—*one!* . . . *Four!*" . . .

For schoolroom compare XIX., 2.

3. Turn wlk. *b* st. 2 A. ext. upw. (§ 40). Com. pos. IX., 8. "Arm-extension upward—start! . . . Stop!" . . .
4. Rest close st. arch flex. (§ 39). "Feet close and neck—firm!" Movt. as § 34. 2 and § 35. 3.

5. Yd. *c* stride courtesy, sitt. H. rot. (§ 41). "Feet sideways place and arms sideways—stretch! Heels—lift! Knees—bend! Sit! Head-rotation left and right—*one!* Two!" . . .

6. Yd. *b* fallout st. *b* 2 A. flg. (§ 42). Com. pos. XX., 5. "Arms half-forward—bend! (§ 32. 8). Arm-flinging upward—*one!* (Yd. *e*) Two! (Yd. *b*)! *One!* Two!" . . .

# 7. Marching.

8. Wg. fall. F. gr.  $\frac{1}{2}$  st. T. rot. (§ 43). Com. pos.: XXIV., 8. "Backward—bend! Trunk to the right (l.)—turn!" . . . Rotate to the side of the elevated leg.—In absence of desks substitute XLIV., 8.

9. Rest. wlk. *b* st. T. sidew. flex. (§ 44). "Left (r.) foot forward place and neck—firm! To the left (r.)—bend!" . . . Compare X., 8.

10. Twice upw. jump. "Twice upward jump—*one!* Two! Three! Four! Five! Six!" 1 = toe st.; 2 = courtesy st.; 3 = jump and land and use this kn. flex. as start for 4; 4 = jump and land in usual form; 5 = toe st.; 6 = fund. pos.

To be followed by 1 *Step's start forw. jump*. See XXVIII., 10.

11. Wg. stride St. slow 2 Kn. flex. to sitt. See XXVIII., 2.

12. Yd. *a* turn wlk. *a* st. 2 A. flg. (§ 46). "Left (r.) foot sideways forward—place! Trunk to the left (r.)—turn! Arms forward—bend! Arm-flinging—*one!* Two! *One!* Two!" . . .



XLVII.

1. Yd. *a* turn close st. 2 A. fig. See XXVII., 12.
2. Rest wlk. *c* st. 2. Heel-elev. in ser. Compare XLIV., 2. "Feet close and neck—firm! Foot-placing forward, heel-elevation"—etc.
3. St. 2 A. ext. sidew., backw. and upw. in ser. (§ 40). "Arm-extension sideways, backward and upward—start! . . . Stop!" . . .
4. Rest turn st. arch flex. (§ 39). "Neck—firm! Trunk to the left (r.)—turn! Backward—bend! Upward—stretch! . . . Forward—turn! Arms upward—stretch! Trunk forward downward—bend!" . . .
5. Rest st. L. elev. sidew. (§ 41). § 32. 3 and § 31. 6.
6. Yd. *c* fallout. st. *c* 2 A. circ. (§ 42). "Feet close and hips—firm! Left (r.) foot forward—fallout! Arms sideways—stretch! Arm-circumduction (§ 33. 4)—start! Stop!" . . .
7. Marching.
8. Rest Kn. st. T. backw. flex. (§ 43). "Kneel! Neck—firm! Trunk backward—bend! (*Fall from the knees.*) Upward—stretch!" . . .
9. Rest wlk. *b* st. T. rot. (§ 44). "Left (r.) foot forward place and neck—firm! Trunk to the left (r.)—turn!" . . . To the side of the advanced foot.
10. 1 step forw. jump over marks. Two marks on the floor. Pupil stands one step away and facing the marks. "Left (r.) foot forward, jump—one two! Three! Four!" Compare XXVIII., 10.  
Followed by *Twice upw. jump*. See XLVI., 10.
11. Wg. wlk. *a* st. slow 2 Kn. flex. See XXV., 5.
12. Yd. *d* turn stride st. 2 A. elev. (§ 46). Com. pos.: See XXIII., 9. "Arms lift, breathe in—one! Sink, breathe out—two! The same—one! Two!" . . .

## XLVIII.

1. **Yd. d turn close st. 2 A. elev.** See XXIX., 12.
  2. **Rest wlk. d st. 2 Heel-elev. in ser.** Compare XLIV., 2. "Foot-placing crosswise forward, heel-elevation — *óne!* . . . *Four!*" . . .
  3. **Turn wlk. a st. 2 A ext. backw.** (§ 40). Com. pos.: See VII., 8. "Arm-extension backward — *stárt!* . . . *Stop!*" . . .
  4. **Rest st. arch flex.** (§ 39). "Neck — firm! Trunk backward — bend! Upward — stretch! . . . Forward — bend! Upward — stretch! Arms upward — stretch! Trunk forward downward — bend!" . . .
  5. **Yd. c toe st. 2 Kn. flex. to sitt.** (§ 41). "Arms sideways — lift! Heels — lift! Knee-flexion all the way down — *óne!* *Twó!* *Óne!* *Twó!*" . . . 1 = Yd. c courtesy sitt. 2 = Yd. c toe st.
  6. **Yd. a fallout st. c 2 A. flg.** (§ 42). Com. pos.: See XXI., 6. "Arms forward — bend! Arm-throwing — *óne!* *Two!* . . . *Óne!* The same, change feet — *one!* *Twó!* Arm-throwing — *One!* *Twó!*" . . .
  7. **Marching.**
  8. **Rest F. gr. sitt. T. backw. flex.** (§ 43). Com. pos.: See XXI., 8. "Neck — firm! Trunk backward — bend! Upward — stretch!" . . .
- In absence of desks apply XLVII., 8.
9. **Rest wlk. c st. T. sidew. flex.** (§ 44). "Feet close and neck — firm!" etc. Compare XII., 9. Bend to the side of the advanced foot.
  10. **1 step's start forw. jump over marks.** See XLVII., 10.  
*Twice forw. jump.* "Twice forward jump — *óne!* *Two!* *Thré!* *Fóur!* — *Five, six!*" Compare XLVI., 10 and XI., 9.
  11. **Wg. wlk. d st. slow 2 Kn. flex.** See XXVI., 5.
  12. **Turn wlk. a st. 2 A. elev. sidew.** (§ 46). Com. pos.: VII., 8. "Arms sideways — lift! Sink!" . . .

## XLIX.

1. Yd. *a* st. 2 A. flg. and  $\frac{1}{2}$  step forw. See XLV., 12.
2. Str. stride st. 2 Heel-elev. in series. "Arm-extension upward, foot-placing sideways and heel-elevation—one! Two! Three! Four!" For execution see XXXIX., 2.
3. St. 2. A. ext. forw., upw. and backw. in series (§ 40). "Arm-extension forward, upward, and backward—start!—Stop! Position!"
4. Rest turn close st. arch flex. (§ 39). "Feet close and neck—firm! Trunk to the left (r.)—turn! Backward—bend! Upward—stretch! . . . Forward—bend! Upward—stretch!" followed by *Str. close st. T. forw. downw. flex.*
5. Yd. *c* cr. *a*  $\frac{1}{2}$  st. Kn. ext. forw. (§ 41). "Arms sideways—lift! Left (r.) knee upward—bend!" etc. See XXII., 5.
6. Yd. *c* fallout st. *c* 2 A. rot. (§ 42). § 30. 12 and compare XXXVI., 6.
7. Marching.
8. Rest  $\frac{1}{2}$  Kn. st. T. backw. flex. (§ 43). "On the left (r.)—kneel! Neck—firm!" etc. See XXIII., 8.
9. Rest wlk. *c* st. T. rot., (§ 44). Compare XI., 8.
10. 2 steps' forw. jump over mark. See XLVII., 10, and XXXIII., 10.  
Followed by *twice forw. jump.* See XLVIII., 10.
11. Wg. wlk. *b* st. slow 2 Kn. flex. in ser. See XXI., 2.
12. Bend, turn, wlk. *a* st. 2 A. ext. to Yd. *d* (§ 46). (Compare IV., 2 and VII., 8.) "Left (r.) foot sideways forward place and arms upward—bend! Trunk to the left (r.)—turn! Arm-extension sideways, palms up—one! Two! One! Two!" . . . Compare VII., 11.

## L.

1. **Yd. *d* turn st. 2 A. elev.** See XXX., 12.
2. **Str. wlk. *a* st. 2 Heel-elev. in series.** For command and execution compare XL., 2.
3. **Turn wlk. *b* st. 2 A. ext. upw.** (§ 40). "Left (*r.*) foot forward—place! Trunk to the left (*r.*)—turn! (See IX., 8.) Arm-extension upward—start! . . . Stop! Position!"
4. **Rest stride st. arch flex.** (§ 39). "Feet sideways place and neck—firm! Trunk backward (*forw.*)—bend! Upward—stretch! . . . Arms upward—stretch! Trunk forward downward—bend!" . . .
5. **Yd. *c* wlk. *a* st. 2 Kn. flex.** (§ 41). For execution compare VIII., 2 and XXV., 5.
6. **Wg. fallout st. *c* 2 A. swim** (§ 42). § 30. 12 and § 33. 5.
7. **Marching.**
8. **Rest F. gr.  $\frac{1}{2}$  st. T. backw. flex.** (§ 43). Com. pos.: see XXIV., 8. "Neck—firm! Trunk backward—bend! Upward—stretch!" . . . In absence of chairs apply XLIX., 8.
9. **Rest turn stride st. T. sidew. flex.** (§ 44). Compare XIV., 8.
10. **90° twice upw. jump.** "Turning 90° to the left (*r.*) and back again to the right (*l.*), twice upward jump—One! Two! Thée! Fóur! Five! Six!" The landing at "Thée!" is used as start for "Fóur!" Compare XII., 10.  
Followed by *3 steps' start forw. jump.* See XXXV., 10.
11. **Wg. wlk. *a* st. slow 2 Kn. flex. in series.** See XXV., 5. "Foot-placing sideways forward, heel-elevation and knee-flexion—One! . . . Six!"
12. **Yd. *d* turn wlk. *a* st. 2 A. circ.** (§ 46). Com. pos.: XLVIII., 12. "Arm-circumduction—start! . . . Stop! Position!"

LI.

1. **Introductions** (see § 38) at the teachers' option and chosen among the previous tables, preference given to movements as different as possible from those of this table, and all jumping, arch flexions, and abdominal exercises eliminated.

2. **Str. wlk. b st. 2 Heel-elev. in ser.** (§ 38). Compare L., 2, and XLI., 2.

3. **Bendarch turn wlk. a st. 2 A. ext. sidew.** (§ 39). "Left (r.) foot sideways forward place and arms upward—bend! Trunk to the left (r.)—turn! Backward—bend! Arm-extension sideways—*ône!* Two! . . . Trunk upward—stretch!" . . . Followed by *Str. stride st. T. forw. downw. flex.*

4. **Stoopfall pos.** (desks) (§ 40). "About—face! Hands against edge of desks—place! Feet backward place—*ône!* Two! (Position!)" The body a straight line from head to heels.

In absence of desks apply:

*St. 2 A. ext. sidew., backw. and upw. in ser.* Compare XLVII.

5. **Yd. c. toe stride st. 2 Kn. flex. to sitt.** (§ 41). Com. pos.: VII., 2. "Heels—lift! Knee-flexion, all the way down—*ône!* Twó! *Ône!* Twó!" . . . Compare XLVIII., 5.

6. **Wg. fallout st. c 2 A. ext. to  $\frac{1}{2}$  str. yd.** (§ 42). Compare XXXVIII., 6.

7. **Marching.**

8. **Stoopfall alt. L. elev.** See XXXVII., 8.

9. **Rest wlk. c st. rev. T. rot.** (§ 44). Compare XXXIII., 9.

10. **3 steps' forw. jump. over marks.** Compare XLVIII., 10. "Three steps, jump from left (r.) foot—*stárt!* Four! Five!

Followed by *90° Twice upw. jump.* See L., 10.

11. **Wg. heel sup. wlk. b st. T. forw. flex.** (page 54). "Hips—firm! Left (r.) foot, heel supporting forward place! (§ 30. 10). Trunk forward—bend! Upward—stretch!" . . .

12. **Turn wlk. a st. 2 A. elev. forw. upw.** (§ 46). Com. pos.: VII., 8. "Arms forward upward—lift! Sideways downward—sink! The same—*ône!* Two!" . . .

## LII.

1. **Introductions.** See LI., 1.

2. **Str. wlk. c st. 2 Heel-elev. in series.** "Feet — close! Arm-extension upward, foot-placing forward and heel-elevation — one! . . . Four!" . . . Compare XLIX., 2.

3. **Str. wlk. b st. arch flex.** (§ 39). Com. pos. XV. 2; Movt.: § 34. 2 and 35. 3.

4. **Stoopfall pos.** (desks). See LI., 3.

In absence of desks apply:

*Turn close st. 2 A. ext. sidew. and upw.* "Feet — close! Trunk to the left (r.) — turn! Arm-extension sideways and upward — start!" . . .

5. **Bend toe st. 2 A. ext. sidew. and 2 Kn. flex.** (§ 41). "Arms upward — bend! Heels — lift! Arm-extension sideways, knee-flexion — one! Two! One! Two!" . . . 1 = yd. c courtesy st. 2 = Bend toe st.

6. **Str. fallout st. c 2. A. ext. upw.** (§ 42). Compare XXXIX., 6.

7. **Marching.**

8. **Str. ly. slight 2 L. elev.** (§ 43). Compare XLV., 8.  
If the floor cannot be used, substitute XLVII., 8.

9. **Rest turn wlk. a st. T. sidew. flex.** (§ 44). Com. pos. and movt.: Compare XVI., 8.

10. **Twice sidew. jump. a.** In classroom first "Right (l.) — face!" — "Twice to the left (r.) jump — one! Two! Three! Four! Five! Six!" Compare XLVIII., 10, and XVI., 2.

Followed by 3 steps forw. jump over marks. See LI., 10.

(If a rope or stick is handy, use it for jumping height.)

11. **Wg. wlk. d st. 2 Kn. flex. in series.** "Hips — firm! Foot-placing crosswise forward, heel-elevation and knee-flexion — one! Two! Three! . . . Six!" Compare XXVI., 5 and XXIII., 2.

12. **Turn wlk. a st. 2 A. elev. sidew. upw.** (§ 46). Com. pos.: XLVIII., 12. "Arm-elevation sideways upward, respiration — one! Two!" . . . Compare XIII., 11.

## LIII.

1. See LI., 1.
2. **Str. wlk. d st. 2 Heel-elev. ser.** Compare XLIII., 2.
3. **Bend arch. wlk. b st. 2 A. ext. sidew.** (§ 39) "Left (r.) foot forward place and arms upward — bend! Trunk backward — bend! Arm-extension sideways — one! Two! . . . Trunk upward — stretch! Arms upward — stretch! Trunk forward downward — bend!" . . .
4. **Fallhang pos.** (§ 40) (Fig. 15). "About face! Hands on desks — place! Heels — lift! Sit! Feet forward — place! Position — one! Two!" (= Reach gr. courtesy sitt. pos.).  
In absence of desks apply):  
*Turn close st. 2 A. ext. backw. and upw.* "Feet — close! Trunk to the left (r.) — turn! Arm-extension backward and upward — start!" . . .
5. **Yd. c cr. a  $\frac{1}{2}$  st. Kn. abd.** (§ 41). "Arms sideways — lift! — Left (r.) knee upward — bend! Knee-abduction — one! Two!" . . . (XXVII., 5.)
6. **Str. fallout st. c 2 A. flg.** (§ 42). Compare XL., 6.
7. **Marching.**
8. **Str. F. gr. sitt. T. backw. flex.** Compare XXI., 8.  
Or substitute LIV., 8.
9. **Rest Kn. st. T. rot.** (§ 44). "Kneel! Neck — firm! Trunk to the left (r.) — turn! Forward — turn!" . . .
10. **1 step 90° forw. jump over marks.** Executed as XLVII., 10, but you turn to the side of the foot which springs you from the ground.  
Followed by *Twice sidew. jump a.* See LII., 10.
11. **Wg. toe sup. wlk. b st. Kn. flex.** (page 54). Com. pos.: § 30. 9. Knee — bend! Stretch!" . . . The forward knee is bent until the backward heel touches the ground; trunk erect.
12. **Yd. c turn wlk. a st. 2 A. circ.** (§ 46). Com. pos.: See XXVI., 9. "Arm-circumduction, respiration — start! — Stóp! Position!"

## LIV.

1. See LI., 1.
2. **Wg. fallout st. a pos.** See XVII., 5.
3. **Str. wlk. c st. arch flex.** (§ 39). Compare LII., 4.
4. **Fallhang pos.** See LIII., 3.  
In absence of desks apply,  
*Turn close st. 2 A. ext. sidew. and backw.* Compare LIII., 3.
5. **Yd. c wlk. d st. 2 Kn. flex.** (§ 41). Com. pos.: XII., 2. Movt.: XXVI., 5.
6. **Str. fallout st. c 2 A. elev.** (§ 42). Compare XLI., 6.
7. **Marching.**
8. **Str. Kn. st. T. backw. flex.** (§ 43). "Knéel! Arms upward — stretch! Trunk backward — bend!" . . . (Fall from the knees; do not arch the spine.)
9. **Rest turn st. T. sidew. flex.** (§ 44). "Neck — firm! Trunk to the left (r.) — turn! To the left (r.) — bend!" . . . Compare XVIII., 9.
10. **Twice sidew. jump b.** "To the left (r.) and right (l.) jump — one! . . . Six!" At "three!" jump to the left (r.) and as you land jump immediately back again to the right (l.), the command "Four!" corresponding to the second jump.  
Followed by *1 step 90° jump over mark.* See LIII., 10.
11. **Yd. c st. slow 2 Kn. flex.** See XXIX., 5.
12. **Yd. a turn wlk. b st. 2 A. flg.** (§ 46). "Left (r.) foot forward place and arms forward — bend! Trunk to the left (r.) — turn! Arm-flinging, respiration — one! Two!" . . .



LV.

1. **Introductions.** See LI.

2. **Wg. stride st. 2 Kn. flex. in ser.** "Hips—firm! Foot-placing sideways, heel-elevation, knee-flexion, left (r.)—*óne!* . . . *Six!* Right (l.)—*óne!* . . . *Six!* (or . . . left and right—*stárt!* *Stop!*)"

3. **Bend arch. wlk. c st. 2 A. ext. sidew** (§ 39). "Feet—*clóse!* Left (r.) foot forward—*pláce!* Arm upward—*bend!* Trunk backward—*bend!* Arm-extension sideways—*óne!* *Two!*" . . .

Followed by *str. wlk. c st. forw. down. flex.*

4. **Stoopfall H. rot.** (desks) (§ 40). Command first as in LI. 3; then "Head rotation left and right—*óne!* *Twó!* . . .

In absence of desks apply :

*Turn close st. 2 A. ext. forw. sidew. and upw.* "Feet—*clóse!* Trunk to the left (r.)—*turn!* Arm-extension forward, sideways and upward—*óne!* *Twó!* *One!* *Twó!* . . . (or *One!* . . . *Six!* or *Stárt!* *Stop!*)"

5. **Wg. hor.  $\frac{1}{2}$  st. pos.** (§ 41). For command see § 30. 13.

6. **Reach fallout st. c 2 A. flg.** (§ 42). For command compare XLII., 6.

7. **Marching.**

8. **Str.  $\frac{1}{2}$  Kn. st. T. backw. flex.** (§ 43). "On the left (r.)—*kneel!* Arms upward—*stretch!* Trunk backward—*bend!*" etc. (Do not arch.)

9. **Str. st. T. rot.** (§ 44). "Arms upward—*stretch!* Trunk to the left (r.)—*turn!* Forward—*turn!*" . . .

10. **2 steps, 90° jump over mark** (§ 45). Compare LIII., 10. Turn to the side of the foot which springs you from the ground.

To be followed by *Twice sidew. jump, b.* See LIV., 10.

11. **Yd. c wlk. b st. slow 2 Kn. flex.** See XXXI., 5.

12. **Turn wlk. b st. 2 A. elev. sidew.** (§ 46). "Left (r.) foot forward—*pláce!* Trunk to the left (r.)—*turn!* (To the side of the advanced foot.) Arms sideways lift, breathe in—*óne!* Sink and breathe out—*two!* The same—*óne!* *Two!*" . . .

End by *Close st. 2 Heel-elev.*

## LVI.

1. **Introd.** See LI.

2. **Wg. fallout st. a pos. backw.** See XVIII., 5.

3. **Str. close st. arch flex.** (§ 39). "Feet close and arms upward stretch—one! Two! Trunk backward—bend! Upward—stretch! . . . Forward downward—bend! Upward—stretch!" . . .

4. **Stoopfall H. rot.** (desks). See LV. 3.

In absence of desks apply, —

*Turn st. 2 A. ext. forw. and backw.* "Trunk to the left (r.)—turn! Arm-extension sideways and backward—start! Stop!" . . .

5. **Reach courtesy sitt. L. ext. forw.** (§ 41). "Hips—firm! Heels—lift! All the way down, knees—bend! Arms forward—lift! Left (r.) leg forward—stretch! (*cr. b pos.*) Change feet—one! Two!" . . .

6. **Yd. d fallout st. c 2 A. elev.** (§ 42). Compare XLIII., 6.

7. **Marching.**

8. **Str. F. gr.  $\frac{1}{2}$  st. T. backw. flex.** (§ 43). Compare XXIV., 8.

In absence of desks apply LV., 8.

9. **Rest turn close st. T. sidew. flex.** (§ 44). "Feet close and neck—firm! Trunk to the left (r.)—bend! Upward—stretch!" . . .

10. **360° upw. jump.** "Turning 360° to the left (r.) upward jump—one! . . . Five!" For execution see XXXI., 10, which is used as substitute in the schoolroom.

To be followed by 2 steps, 90° jump over mark. See LV., 10.

11. **Yd. c stride st. slow. 2 Kn. flex.** See XXXVII., 5.

12. **Bend turn wlk. b st. 2 A. ext. to Yd. d** (§ 46). "Left (r.) foot forward—place! Trunk to the left (r.)—turn!" For movt. see XL., 12.

End by some movement for correction of base and general equilibrium.

LVII.

1. **Introd.** See LI.

2. **Wg. wlk. b st. 2 Kn flex. in ser.** Compare LV., 2.  
"Foot-placing forward, heel-elevation" . . . etc.

3. **Bend arch turn stride st. 2 A. ext. sidew.**  
 (§ 39). "Feet sideways and arms upward bend—one! Two!  
Trunk to the left (r.) turn! Backward—bend!" . . . etc. as  
in LV., 4. End by *Str. stride st. T. forw. downw. flex.*

4. **Fallhang H. rot.** (§ 40). Command first as in LI., 3;  
then "Head rotation—one! Two!" . . .

In absence of desks apply:

*Turn close st 2 A. ext. forw., backw. and upw.* Compare  
LV., 3.

5. **Yd. c toe st. alt. Kn. upw. flex.** (§ 41). Compare  
XXIX., 5.

6. **Wg. fallout st. c 2 A. ext. to Yd. d** (§ 42). Com-  
pare XLIV., 6.

7. **Marching.**

8. **Rest ly. 2 L. elev. to 90°** (§ 43). For com. pos. see  
XVIII., 8, then: "To vertical, legs—lift! Sink!" . . .

If the floor cannot be used apply LVIII., 8.

9. **Str. close st. T. rot.** (§ 44). "Feet close and arms  
upward—stretch! Trunk to the left (r.)—turn! Forward—  
turn!" . . .

If the floor can be utilized apply also—

*Wg. sidefall pos.* (§ 34. 11). "Side-falling on the left (r.) hand  
—one! Two! Three! Change hands—one! Two!" . . .  
1 = stoopfall pos.; 2 = sidefall, on the other hand.

10. **3 steps, 90° jump over mark.** Compare LV.,  
10 and LI., 10.

Followed by *Twice upw. jump.* See XLVI., 10.

11. **Yd. c st. slow 2 Kn. flex. to sitt.** See XXXIX., 5.

12. **Yd. d turn wlk. b 2 A. elev.** (§ 46). Compare  
XLII., 12.

End as in LVI.

## LVIII.

1. **Introd.** See LI.

2. **Yd. c turn wlk. a st. pos.** "Left (r.) foot sideways forward, to the left (r.) and arms sideways stretch—*óne!* *Twó!* Arm-extension, change feet and sides—*óne!* *Twó!* The same—*óne!* *Twó!*" . . . 1 = Bend st. pos. 2 = yd. c turn wlk. a, taken simultaneously by arms, trunk, and legs.

3. **Str. st. arch flex.** (§ 39). "Arms upward—stretch! Trunk backward—bend! Upward—stretch! . . . Forward, downward—bend! Upward—stretch!" . . .

4. **Fallhang H. rot.** See LVII., 3.

In absence of desks apply:

*St. slow 2 A. ext upw.* See XXXI., 3.

5. **Str. st. 2 Kn. flex.** (§ 41). "Arms upward—stretch! Heels—lift! Knees—bend!" . . . etc.

6.  $\frac{1}{2}$  **str. yd. d fallout st. c 2 A. elev.** (§ 42). Compare XLV., 6.

7. **Marching.**

8. **Bend fall Kn. st. 2 A. ext. sidew.** (§ 43). "Kneel! Arms upward—bend! Trunk backward—bend! (Fall, do not arch.) Arm-extension sideways—*óne!* *Two!*" . . .

9. **Str. stride st. T. sidew. flex.** (§ 44). "Feet sideways, and arms upward—stretch! (See XIII., 2.) Trunk to the left (r.)—bend! Upward—stretch!" . . .

10. **2 A. fig. twice upw. jump.** "Arms flung sideways twice upward jump—*óne!* . . . *Six!*" Compare XX., 10, and XLVI., 10.

Followed by *1 step forw. jump.* See XXVIII., 10.

11. **Yd. c fallout st. a Heel-elev.** First command as XVII., 5. Then "Arms sideways—stretch! Heel-elevation—*óne!* *Two!*" . . . Compare XLIII., 11.

12. **Turn wlk. b st. 2 A. elev. forw. upw.** (§ 46). Compare XLIII., 12.

End as in LVI.

LIX.

1. **Introd.** See LI.

2. **Wg. fallout st. d pos.** See XXIV., 5.

3. **Bend arch close st. 2 A. ext. sidew.** (§ 39). "Feet — close! Arms upward — bend! Trunk backward — bend! Arm-extension sideways — one! Two!" . . . etc. Compare LV., 4.

4. **Bal. hang. pos.** (§ 40). (Fig. 16). "Hands on desks — place! Feet backward — lift! Position! The same — one! Two!"

In absence of desks apply :

*Turn st. 2 A. ext. sidew. and upw.* Compare LVI., 3.

5. **Str. wlk. b st. 2 Kn. flex.** (§ 41). Com. pos. = XV. 2<sup>d</sup> movt. = IV., 5.

6. **Yd. b fallout st. c 2 A. flg.** (§ 42). Compare XLVI., 6.

7. **Marching.**

8. **Bend fall F. gr. sitt. 2 A. ext. sidew.** (§ 43). F. gr. sitt. as Fig. 13. "Arms upward — bend!" etc., as in LVIII., 8.

In absence of desks apply LVIII., 8.

9. **Str. stride st. T. rot.** (§ 44). Com. pos. = XIII., 2. Movt. = § 34. 5.

Followed by *Wg. sidefall L. elev.* (See LVII., 9.) "Side-falling on the left (r.) hand — one! Two! Three! Leg-elevation — one! Two! One! Two!" . . . (The upper leg is raised fully extended.) "Change hands — one! Two!" . . . etc.

10. **Prep. to jump.** "Prepare to jump — start! The same — start!" . . .

Followed by *2 A. flg. twice upw jump.* See LVIII., 10.

11. **Yd. c wlk. a st. slow 2 Kn. flex.** See L., 5.

12. **Turn wlk. b st. 2 A. circ.** (§ 46), "Left (r.) foot forward — place! Trunk to the left (r.) — turn! Arms sideways — lift! Arm-circumduction, respiration — start! Stóp!" . . .

End as in LVI.

## LX.

1. **Introd.** See LI.

2. **Wg. wlk. a st. 2 Kn. flex. in series.** Compare LVII., 2.

3. **Str. stride st. arch flex.** (§39). Com. pos.: XIII., 2. Movt. as LVIII., 4.

4. **Bal. hang pos.** See LIX., 3.

In absence of desks apply:

*Turn close 2 A. ext. forw., sidew., backw., and upw.* Compare LV., 3.

5. **Str. courtesy st. 2 A. ext. upw.** (§41). "Arms upward—stretch! Heels—lift! Knees—bend! Arm-extension upward—one! *Two!* One! *Two!* . . . Knees—stretch! Heels—sink! Position!"

6. **Yd. c fallout st. d. 2 A. circ.** (§42). First fallout *d* as in XXIV., 5. Then movt. as §33. 4.

7. **Marching.**

8. **Bend fall  $\frac{1}{2}$  Kn. st. 2 A. ext. sidew.** (§43). "On the left (r.)—kneel!" . . . etc. Compare LVIII., 8.

9. **Str. st. T. sidew. flex.** (§44). "Arms upward—stretch! Trunk to the left (r.)—bend! Upward—stretch!" . . .

10. **2 A. and L. fig. twice upw. jump.** "Arms and legs flung sideways, twice upward jump—one! . . . Six!" Compare XXIV., 10 and XLVI., 10.

Followed by *2 steps forw. jump.* See XVIII., 10.

11. **Yd. c fallout st. c. Heel-elev.** "Feet close and hips—firm! Left (r.) foot forward—fallout! Arms sideways—stretch! Heel-elevation—one! *Two!* . . . Compare XLIV., 11.

12. **Yd. a fallout st. a 2 A. fig.** (§46). "Arms forward—bend! To the left (r.)—fallout! Trunk erect! Arm-flinging, breathe in—one! Breathe out—two! The same—one! *Two!*" . . .

End as in LVI.

## LXI.

1. **Introd.** See LI.

2. **Yd. c turn stride st. pos.** "Left (r.) foot sideways, to the left (r.) and arms sideways stretch—one! Two!" Compare LVIII., 2 and XXV., 2.

3. **Bend arch turn st. 2 A. ext. sidew.** (§ 39). "Arms upward—bend! Trunk to the left (r.)—turn! Backward—bend! Arm-extension sideways—one! Two! . . . end by *Str. st. T. forw. downw flex.*

4. **Stoopfall. 2 A. flex.** (§ 40). First com. as LI., 3; then "Arms—bend! Stretch! The same—one! Two!" . . . (The elbows bend, letting the straight body sink forward.)

In absence of desks apply:

*Turn st. 2 A. ext. sidew., backw. and upw.* (§ 40). Compare LVI., 4.

5. **Rest st. L. elev. backw.** (§ 41). "Neck—firm! Left (r.) leg backward—lift!" etc. Compare V., 5.

6. **Wg. fallout. st. c slow. 2 A. ext. upw.** (§ 42). Compare LII., 6 and XXI., 3.

7. **Marching.**

8. **Bend fall F. gr.  $\frac{1}{2}$  st. 2 A. ext. sidew.** (§ 43). Com. pos. as XXIV., 8. Movt. as LVIII., 8. In absence of desks apply LX., 8.

9. **Str. wlk. a st. T. rot.** (§ 44). Com. pos. XIV. 2. "Trunk to the left (r.)—turn! To the right (l.)—turn! Forward—turn!" . . .

10. **Upw. jump.** "Upw. jump—start! The same—start!" The pupils go through all the motions. (See VII. 9.) Occasionally command "Upward jump—start! Four! Five! (or Start! Five!)" when the pupils go through the first three (four) motions without command.

To be followed by *3 steps forw. jump.* See XXI., 10.

11. **Yd. c stride st. slow 2 Kn. flex to sitt.** See XXXIX., 5.

12. **Wg. fallout. st. a 2 A. ext. to Yd. d** (§ 46). Com. pos.: See XVII., 5; movt.: see VII., 11. (Trunk erect.)

End as in LVI.

## LXII.

1. **Introd.** See LI.

2. **Wg. wlk. d st. 2 Kn. flex. in ser.** Compare LV., 2 and XXIII., 2.

3. **Str. turn wlk. a st. arch flex.** (§ 39). Com. pos.: as fin. pos. of LXI., 9. End by *Str. stride st. T. forw. downw. flex.*

4. **Stoopfall, 2 A. flex.** See LXI., 3.

In absence of desks apply:

*Turn stride st. 2 A. ext. forw. sidew. and upw.* (§ 40). "Left (r.) foot sideways — place! Trunk to the left (r.) — turn! Arm-extension forward, sideways and upward — start! Stop!"

5. **Str. stride st. 2 Kn. flex.** (§ 41). "Feet sideways, and arms upward — stretch! Heels — lift! Knees — bend! Knees — stretch! Heels — sink!" etc.

6. **Yd. a fallout st. d 2 A. flg.** (§ 42). Com. pos.: XXIV., 5. Arms forward — bend! Arm-throwing — one! Two!" . . .

7. **Marching.**

8. **Str. ly. 2 L. elev. to 90°.** See LVII., 8. If the floor cannot be used apply LXIII., 8.

9. **Str. close st. T. sidew. flex.** (§ 44). "Feet close and arms upward — stretch! Trunk to the left (r.) — bend! Upward — stretch!" . . .

10. **180° twice upw. jump.** Compare L., 10 and XLVI., 10.

Followed by *1 step. forw. jump.* See XXVIII., 10.

11. **Yd. c wlk. d st. slow 2 Kn. flex.** See LIV., 5.

12. **Yd. d fallout st. a 2 A. elev.** (§ 46). "Hips — firm! Left (r.) foot sideways forward — fallout! Trunk erect! Arms sideways — lift! Hands — turn! Arms lift, breathe in — one! Sink, breathe out — two! The same — one! Two!" . . .

End as in LVI.



## LXIII.

1. **Introd.** See LI.

2. **Str. turn stride st. pos.** "Left (r.) foot sideways, to the left (r.) and arms upward stretch — one! Two!" Compare LXI., 2.

3. **Bend arch st. 2 A. ext. sidew.** (§ 39). "Arms upward — bend! Trunk backward — bend! Arm-extension sideways — one! Two! . . . Trunk upward — stretch! Arms upward — stretch! Trunk forward, downward — bend! Upward — stretch!" . . .

4. **Fallhang. 2. A. flex.** (§ 40). Com. first as in LIII., 3; then "Lift! Sink!" . . . The straight body is raised by the arms bending at the elbows (chest brought well forward).

In absence of desks apply:

*Turn st. 2 A. ext. forw., backw., and upw.* (§ 40). Compare LVI., 4.

5. **Rest close toe st. slow march.** (§ 41). "Feet close and neck — firm! Heels — lift! Slowly forward (backw.) march — one! Two!" . . .

6. **Yd. c Fallout st. d 2. A. rot.** (§ 42). Com. pos.: XXIV., 5. Movt.: § 33. 3.

7. **Marching.**

8. **Yd. c Fall. Kn. st. T. rot.** (§ 43). "Kneel! Arms sideways — stretch! Trunk backward — bend!" (Fall from the knees.) "Trunk to the left (r.) — turn! Forward — turn!" . . .

9. **Str. wlk. a st. rev. T. rot.** (§ 44). "Left (r.) foot sideways forward place and arms upward — stretch! Trunk to the right (l.) — turn!" . . . § 34. 6.

10. **Forw. jump** (see XI., 9). "Forward jump — start!" Compare LXI., 10.

Followed by *Upw. jump*. "Upward jump — one! Two! Three! Four! Five!"

11. **Yd. c wlk. b st. 2 Kn. flex. in ser.** "Arm-extension sideways, foot-placing forward heel-elevation and knee-flexion — one! Two! Three! Four! Five! Six!" 1 = Bend st. 2 and 6 = Yd. c wlk. b. st. 3 and 5 = Yd. c wlk. b. toe st. 4 = Yd. c wlk. b. courtesy st.

12. **Fallout st. a 2 A. elev. forw. upw.** (§ 46). Compare LXII., 12 and XI., 11.

End as in LVI.

## LXIV.

1. **Introd.** See LI.

2. **Str. turn wlk. a st. pos.** Compare LXIII., 2, and LVIII., 2.

3. **Str. turn stride st. arch flex.** (§ 39). Com. pos. as fin. pos. of LXIII., 2. "Trunk backward—bend! Upward—stretch! . . . Arm-extension, change feet and sides—one! Two! Backward—bend! Upward! Stretch! . . . Forward!—turn! Forward downward—bend!" . . .

4. **Bal. hang. pos.** See LIX., 3.

In absence of desks apply:

*Turn st. 2 A. ext. forw. sidew. backw. and upw.* (§ 40). Compare LIX., 4.

5. **Rest cr. a  $\frac{1}{2}$  st. pos.** (§ 41). "Neck—firm! Left (r.) knee upward—bend!" . . . Compare VIII., 5.

6. **Bend fallout st. d alt. A. ext to yd. d** (§ 42). Com. pos.: XXIV., 5. Movt. X., 6.

7. **Marching.**

8. **Yd. c fall. F. gr. sitt. T. rot.** (§ 43). Com. pos.: See XXI., 8. Movt.: compare LXIII., which is used as substitute in absence of desks.

9. **Str. wlk. b st. T. sidew. flex.** (§ 44). Com. pos.: XV., 2. Movt.: X., 8.

10. **Sidew. forw. jump.** "Forward to the left (r.) jump—one—two! Three! Four!" The opposite foot (right, when to the left) is placed crosswise forward and (assisted by the arms which oscillate forward) springs the body from the ground in the direction sideways forward; landing occurs in usual manner, and the body should face straight forward throughout the movement.—Followed by *90° upw. jump*. Comd.—"Start!" Compare LXI., 10, and XII., 10.

11. **Yd. c heel-sup. st. T. forw. flex.** Compare LII., 11.

12. **Fallout st. a 2 A. elev. sidew. upw.** (§ 46). Compare LXIII., 12, and XIII., 11.

End as in LVI.

## LXV.

1. **Introd.** See LI.
2. **Rest st. alt. toe elev. rhythm.** See XXVI., 11.
3. **Bend arch turn close st. 2 A. ext. sidew.** (§ 39). "Feet close and arms upward—bend! Trunk to the left—turn! Backward—bend!" etc. Compare LVII., 4.
4. **Fall-hang. 2 A. flex.** See LXIII., 3.  
In absence of desks apply :  
*Turn stride st. 2 A. ext. sidew. and upw.* (§ 40). Compare LXII., 4.
5. **Str. st. 2 Kn. flex. to sitt.** (§ 41). See § 32. 5, and § 30. 16.
6. **Wg. fallout st. d 2 A. swim.** (§ 42). Com. pos.. XXIV., 5. Movt.: § 33. 5.
7. **Marching.**
8. **Yd. c fall  $\frac{1}{2}$  Kn. st. T. rot.** (§ 43). "On the left (r.)—knée!" For movt.: see LXIII., 8, and XLIV., 8.
9. **Str. wlk. b st. T. rot.** (§ 44). Com. pos.: XV., 2. Rotate to the side of the advanced foot.  
Followed (if floor and space permit) by  $\frac{1}{2}$  *str. side fall. pos.* first wg. side fall. as in LVI., 9; then "Left (r.) arm upward—stretch! Change sides—one! Two!" . . . The extended arm should be in a line with the body.
10. **Vault chairs**, if such are at hand. "Right (l.)—face! Hands on desks—place! Forward jump—one! Two—three! Four! Five!" Over the chairs from one aisle into the next one, using their hands for support, the pupils jump straight forw., and land as in usual manner.  
Followed by 2 *steps forw. jump.* See XXXII., 10.
11. **Yd. c wlk. a st. 2 Kn. flex. in ser.** Compare LXIII., 11.
12. **Yd. c fallout st. a 2 A. circ.** Compare LXII., 12, and XV., 11.  
End as in LVI.

## LXVI.

1. **Introd.** See LI.

2. **Rest st. alt. toe and Heel-elev.** See XXVIII., 11.

3. **Str. turn st. arch flex.** (§ 39). "Arms upward—stretch! Trunk to the left (r.)—turn! Backward—bend! Upward—stretch!" . . .

End by *str. st. T. forw. downw. flex.*

4. **Bal. hang. pos.** See LIX., 3.

In absence of desks apply:

*Turn stride st. 2 A. ext. sidew. and backw.* (§ 40). Compare LXII., 4.

5. **Wg. courtesy sitt. 2 A. ext. to  $\frac{1}{2}$  str. yd. c** (§ 41). "Hips—firm! Heels—lift! Knees—bend! Sit! Left arm upward, right arm sideways—stretch! Change arms—stretch!" . . .

6. **Bend fallout st. d 2 A. ext. upw.** (§ 42). Com. pos.: XXIV., 5. "Arm-extension upward—one! Two!" . .

7. **Marching.**

8. **Yd. c fall. F. gr.  $\frac{1}{2}$  st. T. rot.** (§ 43). Compare XLVI., 8. In absence of desks apply LXV., 8.

9. **Str. wlk. c st. T. sidew. flex.** (§ 44). Com. pos.: XVI., 2. Bend to the side of the advanced foot.

10. **Backw. jump.** "Backward jump—one! Two! Threé! Four! Five!" Executed like XI., 9, except that the movement occurs backward, the arms swinging in this direction at jumping. Followed by *upw. jump*. Command as in LXI., 10.

11. **Yd. c wlk. d st. 2 Kn. flex. in ser.** Compare LXIII., 11, and LIV., 5.

12. **Yd. a fallout st. b 2 A. fig.** (§ 46). Com. pos.: XX., 5. Trunk erect. Movt. as III., 11.

End as in LVI.

## LXVII.

1. **Introd.** See LI.

2. **Yd. c stride st. 2 Kn. flex. inser.** "Arm-extension sideways, foot-placing sideways (left and right), heel-elevation and knee-flexion — one! Two! Three! Four! Five! Six! . . . (*or start! Stop!*)" 1 = Bend st.; 2 = Yd. c stride st. (Compare XXXIX., 2). 3 = 2 heel-elev.; 4 = 2 Kn. flex.; 5 = 2 Kn. ext.; 6 = Heels sink.

3. **Bend arch stride st. 2 A. ext. sidew.** (§39). "Feet sideways — place! Arms upward — bend! Trunk backward — bend! Arm-extension sideways — one! Two! . . . Trunk upward — stretch! Arms — lift! Trunk forward downward — bend!" etc.

4. **Fallhang. alt. L. elev.** (§ 40). Com. pos.: see LIII., 4. "Left (r.) leg — lift! Sink!" . . . In mixed schools or in absence of desks apply *Turn st. 2 A. ext. forw., sidew., and upw.* Compare LVI., 3.

5. **Rest cr. A.  $\frac{1}{2}$  st. F. flex. and ext.** (§ 41). "Neck — firm! Left (r.) knee upward — bend! Foot-flexion and extension — one! Two! . . . Compare XI., 5.

6. **Wg. fallout st. d 2 A. ext. to  $\frac{1}{2}$  str. yd. c** (§ 42). Com. pos.: XXIV., 5. Movt.: IX., 3.

7. **Marching.**

8. **Stoopfall. 2 A. flex.** (chairs) (§ 43). Com. pos.: XX., 8. "Arms — bend! Stretch!" . . . The arms bend at the elbows; the body straight.

9. **Str. wlk. c st. T. rot.** (§ 44). Com. pos.: XVI., 2. Rotate to the side of the advanced foot.

10. **Sidew. jump.** "To the left (r.) jump — start!" Compare XV., 9 and LI., 10. Followed by 3 *steps forw. jump over marks.* (See XLVII., 10 and XXXV., 10.)

11. **Yd. c toe sup. wlk. b st. Kn. flex.** Compare LIII., 11.

12. **Wg. fallout st. b 2 A. ext. to Yd. d** (§ 46). Com. pos.: XX., 5. "Trunk erect!" Movt.: VII., 11.

End as in LVI.

## LXVIII.

1. **Introd.** See LI., 1.

2. **Yd. c wlk. b st. 2 Kn. flex. in ser.** Compare LXVII., 2.

3. **Str. turn close st. arch flex.** (§39). "Feet close and arms upward—stretch! Trunk to the left (r.)—turn! Backward—bend!" etc.

Followed by *Str. close st. T. forw. downw. flex.*

4. **Fallhang. alt. L. elev.** (§40). See LXVII., 4, or substitute:

*Turn stride st. 2 A. ext. sidew. backw. and upw.* Compare LXV., 3.

5. **Yd. d courtesy sitt. 2 A. elev.** (§41). "Arms sideways—lift! Heels—lift! To sitting, knees—bend! Hands—turn! Arms—lift! Sink! The same—one! Two!" . . .

6. **Str. fallout st. d 2 A. flg.** (§42). Com. pos.: XIV., 5. Movt.: Compare XL., 6.

7. **Marching.**

8. **Yd. a fall Kn. st 2 A. fling.** (§43). "Kneel! Arms forward—bend! Trunk backward—bend! (*Do not arch.*) Arm-flinging—one! Two!" . . .

9. **Str. turn stride st. T. sidew. flex.** (§44). Com. pos.: LXIII., 2. Bend to the side to which the trunk is rotated.

10. **Twice 360° upw. jump.** "Turning 360° to the left (r.) and back to the right (l.), twice upward jump—one! . . . Six!" Compare LXII., 10, which may be used as substitute.—Followed by *vaulting over chairs*; see LXV., 10.

11. **Str. st. slow 2 Kn. flex.** See LVIII., 5.

12. **Yd. d fallout st. b 2 A. elev.** (§46). Com. pos.: XX., 5. Trunk erect. Movt.: IX., 11.

End as in LVI.

## LXIX.

1. **Introd.** See LI.
2. **Yd. c wlk. a st. 2 Kn. flex. ser.** Compare LXVII., 2 and LX., 2.
3. **Bend arch wlk. b st. alt. A. ext. upw.** (§ 39). "Left (r.) foot forw. and arms upw. — bend! Trunk backw. — bend! Alternate arm-extension upw. — one! Two! . . . arms — bend! Trunk upw. — stretch! Change feet — one! Two!" etc. *Str. st. T. forw. downw. flex.*
4. **Bal. hang. 2 A. flex.** (§ 40). Com. pos.: See LIX., 4. "Arms — bend! Stretch!" . . . The arms bend at the elbows, or substitute *Turn stride st. 2 A. ext. forw. backw. and upw.* Compare LXV., 3.
5. **Str. courtesy sitt. 2 A. ext. upw. or sidew. and upw.** (§ 41). "Arms upw. — stretch! Heels — lift! To sitting, knees — bend! Arm-extension upw. (or sidew. and upw.) — one! Two! (or One! Two! Three! Four!)" . . .
6. **Str. fallout st. d 2 A. elev.** (§ 42). Com. pos.: XXIV., 5. "Arms upw. — stretch! Arms sidew. — sink! Lift! The same — one! Two!" . . .
7. **Marching.**
8. **Stoopfall. 2 A. flex.** (§ 43). See LXVII., 8.
9. **Str. wlk. c st. rev. T. rot.** (§ 44). Com. pos.: XVI., 2. Rotate to the side of the backward foot.
10. **2 A. flg. upw. jump.** "Arms flung sideways, upw. jump — start!" Compare LXI., 10 and XXI., 10. Followed by *3 steps forw. jump.* See XXXV., 10.
11. **Str. wlk. b st. slow 2 Kn. flex.** See LIX., 5.
12. **Fallout st. b. 2 A. elev. forw. upw.** (§ 46). Com. pos.: XX., 5. Trunk erect. Movt.: XI., 11.  
End as in LVI.

## LXX.

1. **Introd.** See LI., 1.

2. **Yd. c wlk. d st. 2 Kn. flex in ser.** Compare LXVII., 2, and LXII., 2.

3. **Bend arch turn wlk. a st. alt. A. ext. upw.** (§ 39). Compare VII., 8. "Left (r.) foot sideways, forward, and arms upw. — bend! Trunk to the left (r.) — turn! Backw. — bend!" etc. Compare LXIX., 3.

4. **Bal. hang. 2 A. flex.** (§ 40). See LXIX., 4, or substitute *Turn, stride st. 2 A. ext. forw. sidew. backw. and upw.* Compare LXV., 3.

5. **Str. stride. st. 2 Kn. flex. to sitt.** (§ 41). Com. pos.: XIII., 2, Movt.: XIV., 3.

6. **Reach. fallout st. d 2 A. fig.** (§ 42). Com. pos.: XXIV., 5. Movt.: XVII., 6.

7. **Marching.**

8. **Yd. a Fall. F. gr. sitt. 2 A. fig.** (§ 43). Com. pos.: XXI., 8. Movt. as LXVIII., 8, which is used as substitute in absence of desks.

9. **Str. turn wlk. a st. T. sidew. flex.** (§ 44). Com. pos.: LXIV., 2. Bend to the side of the advanced foot.

10. **Sidew. and forw. jump.** "To the left (r.) and forward jump — one! . . . Six!" Jump to the side and when landing jump forward. Where space forbids this movement, apply LXI., 10. To be followed by *continuous vaulting over chairs*. Command first as in LXV., 10, then forward jump over chairs — one! Two! . . . The pupils vault from aisle to aisle. (The Class may start from one side of the room and continue to vault until they reach the other side.)

11. **Str. fallout st. a Heel-elev.** Command first as in XVII., 5, then "Arms upw. — stretch! Heel-elevation — one! Two!" . . . See XLIII., 11.

12. **Yd. d courtesy sitt. 2 A. elev.** (§ 46). Movt.: LXVIII., 5. Com., "Arm-elevation, respiration — one! Two!" . . .

End as in LVI.



## LXXI.

1. **Introd.** See LI.

2. **Wg. wlk. *b* st. backw. 2 Kn. flex. in ser.** Compare LVII., 2. "Hips—firm! Foot placing backw., heel-elev., knee-flex.—one! . . . Six! (or Start! Stop!)"

3. **Yd. *a* arch turn wlk. *a* st. 2 A. fig.** (§ 39). "Left (r.) foot sideways forw. place, and arms forw.—bend! Trunk to the left (r.)—turn! Backw.—bend! Arm-flinging—one! Two!" . . . etc. End by *Str. stride st. T. forw. downw. flex.* Compare VII., 8.

4. **Cr. *a* bal. hang. pos.** (§ 40). "Hands on desks—place! Knees upw.—bend!" (Pos. of legs = Fig. 3. 2.) "Backw.—stretch!" (Fig. 16.) "Upw.—bend!" . . . etc. In absence of desks apply *Turn wlk. *a* st. 2 A. ext. sidew. and upw.*

5. **Rest cr. *a*  $\frac{1}{2}$  st. Kn. ext. backw.** (§ 41). Compare XIII., 5.

6. **Yd. *d* fallout st. *d* 2 A. elev.** (§ 42). Com. pos.: XXIV., 5. Movt.: VI., 6.

7. **Marching.**

8. **Yd. *a* fall  $\frac{1}{2}$  Kn. st. 2 A. fig.** (§ 43). "On the left (r.)—knée! Arms forw.—bend! Trunk backw.—bend! Arm-flinging—one! Two!" . . .

9. **Yd. *c* stride st. quick T. rot.** (§ 44). "Feet sidew. place, and arms sidew.—stretch! Trunk rotation, left and right—one! Two! . . . Forw.—turn! Position!"

10. **2 A. and L. fig. upw. jump.** Compare XXIV., 10. "Arms and legs flung sidew., upw. jump.—start!" (Compare LXI., 10.) Followed by *vault over chairs* as in LXX., 10.

11. **Str. stride st. slow. 2 Kn. flex.** Compare LXII., 5.

12. **Fallout st. *b* 2 A. elev. sidew. upw.** (§ 46). Com. pos.: XX., 5. Trunk erect. Movt.: XIII., 11.

End as in LVI.

## LXXII.

1. **Introd.** See LI.
2. **Wg. wlk. a st. backw. 2 Kn. flex. ser.** Compare LXXI., 2.
3. **Bend arch wlk. c st. alt. A. ext. upw.** (§ 39). Compare LXIX., 3. End by *Str. close st. T. forw. downw. flex.*
4. **Cr. a bal. hang. pos.** (§ 40). See LXXI., 4, or substitute *Turn walk a st. 2 A. ext. sidew. and backw.*
5. **Str. st. L. elev. sidew.** (§ 41). "Arms upw. — stretch! Left (r.) leg sideways — lift! Change feet — one! Two!" . . . (Fig. 6.)
6. **Wg. fallout st. d 2 A. ext. to yd. d** (§ 42). Pos.: XXIV., 5. Movt.: IX., 6.
7. **Marching.**
8. **Yd. a fall. F. gr.  $\frac{1}{2}$  st. 2 A. flg.** (§ 43). First as in XXIV., 8, then "Arms forw. — bend! Trunk backw. — bend! Arm-flinging — one! Two!" . . . In absence of desks apply LXXI., 8.
9. **Str. turn stride st. T. sidew. flex.** (§ 44). Compare XIV., 8.
10. **Prep. to jump.** "Prepare to jump — start!" Compare LIX., 10. Followed by *Forw. and backw. jump* — "Forw. and backw. jump — one! Two! Three! Four! Five! Six!" 3 = forw jump. 4 = landing and immediate backw. jump. Compare XI., 9, and LXVI., 10.
11. **Str. st. slow 2 Kn. flex. to sitt.** Compare LXV., 5.
12. **Yd. d toe st. 2 A. elev. and 2 Kn. flex.** (§ 46). "Arms sideways — lift! Hands — turn! Heels — lift! Arm-elevation, knee-flexion and respiration — one! Two!" . . . 1 = Inhalation, while str. courtesy sitt. pos. is assumed. 2 = Exhalation, while Yd. d toe st. pos. is assumed.  
End as in LVI.

## LXXIII.

1. **Introd.** See LI.
2. **Wg. wlk. *d* st. backw. 2 Kn. flex. ser.** Compare LXXI., 2, and LXII., 2.
3. **Yd. *a* arch wlk. *b* st. 2 A. fig.** (§ 39). "Left (*r.*) foot forw. and arms forw.—bend! Trunk backw.—bend! Arm-throwing—*one!* Two!" . . . End by *str. st. T. forw. downw. flex.*
4. **Cr. *a* bal. hang. alt. Kn. ext. forw.** (§ 40). "Hands on desks—place! Knees upw.—bend! Alternate knee-extension—*one!* Two!" . . . (One knee extends while the other bends) "Knee—bend! Backw.—stretch!" (Fig. 16.) "Position!" or substitute *Turn wlk. *a* st. 2 A. ext. sidew., backw., and upw.*
5. **Str. toe st. 2 Kn. flex. to sitt.** (§ 41). Compare XIX., 5.
6.  **$\frac{1}{2}$  str. yd. *d* fallout st. *d* 2 A. elev.** (§ 42). Com. pos.; XXIV., 5. Movt.: compare XLV., 6.
7. **Marching.**
8. **Str. ly. 2 L. elev. to 45°.** Compare XLV., 8. When the floor cannot be used apply LXIX., 8.
9. **Str. Kn. st. T. rot.** (§ 44). Compare XVII., 9.
10. **1 step forw. jump.** "Left (*r.*) foot forward, forw. jump—start!" Compare XXVIII., 10. Followed by 90° *Twice upw. jump.* See LI., 10.
11. **Str. fallout st. *c* Heel-elev.** Compare XLIV., 11.
12. **Yd. *c* fallout st. *b* 2 A. circ.** (§ 46). Com. pos.: XX., 5. Trunk erect. Movt.: XVII., 12.  
End as in LVI.

## LXXIV.

1. **Introd.** See LI.
  2. **Rest stride st. 2 Kn. flex. in ser.** "Neck—firm! Foot-placing sidew., heel-elevation, knee-flexion—*one!* . . . *Six!*" Compare LV., 2.
  3. **Yd. *a* arch wlk. *c* st. 2 A. fig.** (§ 39). Compare LXXIII., 3.
  4. **Cr. *a* bal. hang. alt. Kn. ext.** (§ 40). See LXXIII., 4, or substitute *Turn wlk. *a* st. 2 A. ext. sidew., backw. and upw.*
  5. **Str. cr. *a*  $\frac{1}{2}$  st. Kn. ext. forw.** (§ 41). Compare XXII., 5.
  6. **Yd. *b* fallout st. *d* 2 A. fig.** (§ 42). Compare XLVI., 6.
  7. **Marching.**
  8. **Bend fall Kn. st. alt. A. ext. upw.** (§ 43). "Kneel! Arms upw.—bend! Trunk backw.—bend! Alternate arm-extension upw.—*one!* *Two!*" . . . Comp. VI., 3.
  9. **Str. turn close st. T. sidew. flex.** (§ 44). Compare XX., 9.
  10. **Twice upw. jump.** "Twice upw. jump—*start!*" Compare XLVI., 10, and LXI., 10. Followed by *1 step 90° jump*: see LIV., 5.
  11. **Yd. *d* courtesy sitt. 2 A. elev.** See LXVIII., 5.
  12. **Yd. *a* fallout st. *c* 2 A. fig.** (§ 46). "Feet close and hips—firm! Left (*r.*) foot forw.—fallout! Trunk erect! Arms forw.—bend! Arm-throwing, respiration—*one!* *Two!*" . . .
- End as in LVI.

## LXXV.

1. **Introd.** See LI.
2. **Rest wlk. *b* st. 2 Kn. flex. ser.** Compare LXXIV., 2, and LVII., 2.
3. **Bend arch turn stride st. alt. A. ext. upw.** (§ 39). "Feet sidew. and arms upw.—bend! Trunk to the left (r.)—turn! Backw.—bend! Alternate arm-extension upw.—one! Two!" . . . End by *str. stride st. T. forw. downw. flex.*
4. **Bend fallhang. alt. L. elev.** (§ 40). Com. pos. as LIII., 4. Then, "Arms—bend! (or Lift!) Left (r.) leg—lift! Change feet—one! Two!" . . . Or substitute *Turn wlk. a st. 2 A. ext. forw., backw. and upw.*
5. **Str. toe stride st. 2 Kn. flex to sitt.** (§ 41). Compare XXIII., 5.
6. **Bend fallout st. *d* slow 2 A. ext. upw.** (§ 42). Com. pos.: XXIV., 5. Movt.: XXI., 3.
7. **Marching.**
8. **Bend fall F. gr. sitt. alt. A. ext. upw.** (§ 43). Compare XXI., 8, and LXXIV., 8, which is used as substitute in absence of desks.
9. **Wg. fallout st. *a* T. rot.** (§ 44). Com. pos.: XVII., 5. Rotate to the side of the advanced foot, — followed by (if space permits)  $\frac{1}{2}$  *str. side fall L. elev.* Com. LXV., 9, and LIX., 9.
10. **2 steps forw. jump** as XXXII., 10, but command — "start!" Followed by *90° Twice upw. jump.* See LI., 10.
11. **Yd. *d* stride courtesy sitt. 2 A. elev.** Compare LXVIII., 5.
12. **Fallout st. *c* 2 A. ext. to Yd. *d*** (§ 46). Com. pos.: XXI., 5. Trunk erect. Movt.: VII., 11.  
End as in LVI.

## LXXVI.

1. **Introd.** See LI.
2. **Rest wlk. *a* st. 2 Kn. flex. ser.** Compare LXXIV., 2, and LX., 2.
3. **Bend arch close, st. alt. A. ext. upw.** (§ 39). Compare LXIX., 3.
4. **Bend fallhang. alt. L elev.** (§ 40). See LXXV., 4, or substitute *Turn wlk. a st. 2 A. ext. forw., sidew. and upw.*
5. **Rest wlk. *d* st. 2 Kn. flex.** (§ 41). Compare XXVI., 5.
6. **Bend turn fallout st. *a* alt A. ext. to yd. *d*** (§ 42). “(Right (r.) *oblique* — face!) Arms upw. — bend! Left (r.) foot sidew. forw. — fallout! Trunk to the left (r.) — turn! Trunk erect! Alternate arm-extension sidew., palms up — one! Twó!” . . . Compare X., 6.
7. **Marching.**
8. **Bend fall  $\frac{1}{2}$  Kn. st. alt. A. ext. upw.** (§ 43). Compare LXXIV., 8.
9. **Yd. *c* stride st. T. sidew. flex.** (§ 44). Com. pos.: VII., 2. “Trunk to the left (r.) — bend! Upw. — stretch!” . . .
10. **Twice forw. jump**, as XLVIII., 10, but com. “— stárt!” Followed by *2 steps 90° forw. jump*. See LV., 10.
11. **Str. heel sup. wlk. *b* st. T. forw. flex.** Compare LI., 11.
12. **St. 2 A. elev. sidew. upw. and 2 Kn. flex.** (§ 46). “Arm-elevation sidew. upw., heel-elev., knee-flex. and respiration — one two! Three four! The same — one two! Three four!” . . . 1 = 2 A. elev. sidew. and 2 Heel-elev. 2 = 2 A. elev. upw. and 2 Kn. flex. 1, 2 = inhalation; 3, 4 = exhalation. Turn the hands gradually, not suddenly, and let the heel-elev. and Kn. flex., the Kn. ext. and heel-sinking merge into each other.

End as in LVI.

LXXVII.

1. **Introd.** See LI.

2. **Rest wlk. *d* st. 2 Kn. flex. ser.** Compare LXXIV., 2 and LXII., 2.

3. **Yd. *a* arch turn stride st. 2 A. flg.** (§ 39). "Feet sidew. — place! Arms forw. — bend! Trunk to the left (*r.*) — turn! Backw. — bend! Arm-flinging — one! Two!" . . . End by *str. stride st. T. forw. downw. flex.*

4. **Bal. hang. H. rot.** (§ 40). "Hands on desks — place! Legs backw. — lift! Head-rotation left and right — one! Two!" . . .

In absence of desks apply :

*Turn wlk. *a* st. 2 A. ext. forw., sidew., backw. and upw.*

5. **Str. wlk. *a* st. 2 Kn. flex.** (§ 41). Compare XXV., 5.

6. **Bend turn fallout st. *a* alt. A. ext. upw.** (§ 42). Com. pos.: see LXXVI., 6: Movt.: VI., 3.

7. **Marching.**

8. **Rest ly. 2 L. swim.** (§ 43). Com. pos.: see XVIII.,

8. Movt.: § 31. 9. If the floor cannot be used, apply LXXIX., 8.

9. **Wg. fallout st. *a* rev. T. rot.** (§ 44). Com. pos.: XVII.,

5. Rotate to the side of the backw. foot.

10. **3 steps forw. jump**, as in XXXV., 10, but command — "Start!" Followed by *Twice sidew. jump *a**. See LII., 10.

11. **Str. stride st. slow 2 Kn. flex to sitt.** See LXX. 5.

12. **Yd. *d* fallout st. *c* 2 A. elev.** (§ 46). Com. pos.: XXI., 5. Trunk erect. Movt.: IX., 11.

End as in LVI.

## LXXVIII.

1. *Introd.* See LI.

2. *Yd. c wlk. b st. backw. 2 Kn. flex., in ser.* "Arm-extension sidew., foot-placing backw., heel-elevation and knee-flexion—one! . . . six! (or Start! Stop!)" Compare LXXVII., 2.

3. *Yd. a arch close st. 2 A. fig. (§ 39).* Compare LXXIV., 3.

4. *Bal. hang. H. rot. (§ 40).* See LXXVII., 4, or substitute *Turn wlk. b st. 2 A. ext. sidew. and upw.*

5. *Bend toe st. 2 A. ext. upw. and 2 Kn. flex. (§ 41).* "Arms upw.—bend! Heels—lift! Arm-ext. upw., knee-flex.—one! Two! One! Two!" . . . 1 = str. courtesy sitt. pos. 2 = Bend toe st. pos.

6. *Yd. a turn fallout st. a 2 A. fig. (§ 42).* Compare LXXVI., 6.

7. *Marching.*

8. *Bend fall F. gr.  $\frac{1}{2}$  st alt. A. ext. upw. (§ 43).* Compare XXIV., 8, and LXXV., 8. In absence of desks apply LXXVI., 8.

9. *Yd. c st. T. sidew. flex. (§ 44).* Compare I., 11, "Arms sidew.—stretch! Trunk to the left (r.)—bend! Upw.—Stretch!" . . .

10. *90° twice upw. jump, as in LI., 10, but com. "—start!"* Followed by *1 step forw. jump, as in LXXIII., 10.*

11. *Str. wlk. a st. slow. 2 Kn. flex.* See LXXVII., 5.

1. *Fallout st c 2 A. elev. forw. upw. (§ 46).* Com. pos.: XXI., 5, Trunk erect. Movt.: XI., 11.

End as in LVI.



LXXIX.

1. **Introd.** See LI.
2. **Yd. c wlk. a st. backw. 2 Kn. flex. ser.** Compare LXXVIII., 2.
3. **Bend arch turn st. alt. A. ext. upw.** (§ 39). Compare LXXV., 3. End by *Str. st. T. forw. downw. flex.*
4. **Stoopfall. 2 A. flex.** (desks) (§ 40). See LXI., 4. As substitute use *Turn wlk. b st. 2 A. flex. backw. and upw.*
5. **Rest cr. a  $\frac{1}{2}$  st. Kn. abd.** (§ 41). Compare XXVII., 5.
6. **Yd. c turn fallout st. a 2 A. rot.** (§ 42). Compare LXXVI., 6 and VI., 6.
7. **Marching.**
8. **Stoopfall alt. A. elev.** (chairs) (§ 43). "Hands on chairs—place! Feet backw.—place!" (Fig. 14). "Left (r.) Arm—lift! Sink!" . . . The arm is raised into  $\frac{1}{2}$  str. pos. In absence of chairs, or if the floor cannot be used, etc., apply LXXX., 8.
9.  **$\frac{1}{2}$  str. rev. turn fallout st. a pos.** (§ 44). "Left arm upw., right arm backw., to the right, and left foot sidew. forw. fallout—one! Twó! Change arms, feet and sides—one! Twó! The same—one! Twó!" . . . 1 = bend st. pos. 2 = left arm upw., right arm backw., fallout to the left, trunk rotated to the right, head to the left. — For modification in classroom compare XVII., 5.
10. **180° upw. jump**, as XXX., 10, but command "—stárt!" Followed by *1 step jump, over mark.* See XLVII., 10.
11. **Str. wlk. b st. slow 2 Kn. flex. in ser.** Compare LXVIII., 2.
12. **Fallout st. c 2 A. elev. sidew. upw.** (§ 46). Compos.: XXI., 5. Trunk erect. Movt.: XIII., 11.

End as in LVI.

## LXXX.

1. **Introd.** See LI.

2. **Yd. c wlk. d st. backw. 2 Kn. flex. in ser.** Compare LXXVIII., 2.

3. **Bend arch st. alt. A. ext. upw.** (§ 39). "Arms upw.—bend! Trunk backw.—bend! Alternate arm-ext. upw.—one! Two!" . . . End by *Str. st. T. forw. downw. flex.*

4. **Stoopfall 2 A. flex.** (desks). See LXI., 4. Or substitute *Turn wlk. b st. 2 A. ext. sidew., backw. and upw.*

5.  $\frac{1}{2}$  **str. hor.  $\frac{1}{2}$  st. pos.** (§ 41). "Hips—firm! Horizontal half standing, left (r.) arm upw. right (l.) leg backw.—lift! Change arms and feet—one! Two!" . . . Compare LV., 5.

6. **Wg. turn fallout st. a 2 A. swim** (§ 42). Compare LXXVI., 6 and § 33. 5.

7. **Marching.**

8. **Rest fall Kn. st. T. rot.** (§ 43). "Kneel! Neck—firm! Trunk backw.—bend! (*Fall! do not arch.*) Trunk to the left (r.) turn! Forw.—turn!" . . .

9. **Yd. c close st. T. sidew. flex.** (§ 44). "Feet—close! Arms sidew.—lift! Trunk to the left (r.)—bend! Upw.—stretch!" . . .

10. **Twice sidew. jump. a.** as in LII., 10, but com. "—start!" Followed by *2 steps jump over marks.* See XLIX., 10.

11. **Str. wlk., a st. slow 2 Kn. flex. in ser.** Compare LXIX., 2.

12. **Yd. c fallout st. c 2 A. circ.** (§ 46). Com. pos.: XXI., 5. Trunk erect. Movt.: XV., 11.

End as in LVI.

## LXXXI.

1. **Introd.** See LI.

2. **Rest wlk. *b* st. backw. 2 Kn. flex. ser.** "Neck—firm! Foot-placing backw., heel-elev. and knee-flex.—one! . . . Six!" . . . Compare LVII., 2.

3. **Yd. *a* arch turn st. 2 A. fig.** (§ 39). "Arms forw.—bend! Trunk to the left (*r.*)—turn! Backw.—bend! Arm-flinging—one! Two!" . . . End by *Str. st. T. forw. downw. flex.*

4. **Fallhang. 2 A. flex.** (§ 40). See LXIII., 4. Or substitute *Turn wlk. a st. 2 A. ext. sidew., backw. and upw.*

5. **Reach cr. *b*  $\frac{1}{2}$  st. Kn. flex. to sitt.** (§ 41). "Arms forw.—lift! Left (*r.*) leg forw.—lift! All the way down right (*l.*) knee—bend! Stretch! Change feet—one! Two!" etc.

6. **Str. turn fallout st. *a* 2 A. ext. upw.** (§ 42). "Left (*r.*) foot sidew., forw. fallout, trunk erect and arms upw., stretch—one! Two!" (1=Bend st. 2=Str. fallout *a.*) "Trunk to the left (*r.*)—turn! Arm-extension upw.—one! Two! One! Two! . . . The same and change feet—one! Two!" . . . Compare LXXVI., 6.

7. **Marching.**

8. **Rest fall. F. gr. sitt. T. rot.** (§ 43). Compare XLII., 8.

In absence of desks, etc., apply LXXX., 8.

9. **Yd. *c* fallout st. *a* T. rot.** (§ 44). Com. pos.: XVII., 5. Rotate to the side of the advanced foot. (Trunk inclined.)

10. **1 Step 90° jump**, as in LIII., 10, but command "—start!" Followed by *180° twice upw. jump.* See LXII., 10.

11. **Rest wlk. *d* st. slow 2 Kn. flex.** See LXXVI., 5.

12. **Yd. *a* fallout st. *d* 2 A. fig.** (§ 46). Com. pos.: XXIV., 5. Trunk erect. Movt.: III., 11.

End as in LVI.

## LXXXII.

1. **Introd.** See LI.

2. **Wg. fallout st. *a* pos. zigzag forw.** "Hips—firm! Left (r.) foot sidew. forw.—fallout! Change feet forw.—*óne!* *Twó!*" . . . 1 = wg. st. forw. 2 = fallout st. *a* forw. with the right (l.) foot. In schoolroom: "Change forw.—*óne!* *Twó!*" 1 = backw. foot beside the forw. one. 2 = left (r.) (same as in first command) foot takes fallout *a* pos. Compare XVII., 5.

3. **Yd. *a* arch st. 2 A. fig.** (§ 39). "Arms forw.—bend! Trunk backw.—bend! Arm-flinging—*óne!* *Two!*" . . . Trunk upw.—stretch! Arms—lift! Trunk forw. downw.—bend!" . . .

4. **Fallhang. 2 A. flex.** (§ 40). See LXIII., 4. Or substitute *Turn wlk. b st. 2 A. ext. forw., sidew. and upw.*

5. **Str. toe st. alt. Kn. flex. upw.** (§ 41). Compare XXIX., 5.

6. **Wg. turn fallout st. *a* 2 A. ext. to  $\frac{1}{2}$  str. yd.** (§ 42). Com. pos.: compare LXXVI., 6. Movt.: IX., 3.

7. **Marching.**

8. **Rest fall  $\frac{1}{2}$  Kn. st. T. rot.** (§ 43). Compare XLIV., 8.

9. **Yd. *c* wlk. *b* st. T. sidew. flex.** (§ 44). Bend to the side of the advanced foot. (For com. pos. see IX., 2.)

10. **Twice sidew. jump *b*,** as in LV., 10, but command "*—stárt!*" Followed by *3 steps jump over mark.* See LI., 10.

11. **Rest. fallout st. *a* Heel-elev.** "Hips—firm! Left (r.) foot sidew. forw.—fallout! Neck—firm! Heel-elevation—*óne!* *Twó!*" . . . Compare XLIII., 11.

12. **Fallout st. *d* 2 A. ext. to yd. *d*** (§ 46). Com. pos.: XXIV., 5. Movt.: VII., 11.

End as in LVI.

# LXXXIII.

1. **Introd.** See LI.
  2. **Rest wlk. *a* st. backw. 2 Kn. flex. in ser.** Compare LXXXI., 2, and XXV., 5.
  3. **Bend arch turn close st. alt. A. ext. upw.** (§ 39). Compare LXXIX., 3.
  4. **Bal. hang. 2 A. flex.** (§ 40). See LXIX., 4. Or substitute *Turn wlk. *b* st. 2 A. ext. forw. backw. and upw.*
  5. **Rest st. 2 Kn. flex.** (§ 41). "Neck — firm! Heels — lift! Knees — bend! Knees — stretch! Heels — sink!" . . .
  6. **Str. turn fallout st. *a* 2 A. fig.** (§ 42). Compare LXXVI., 6, and XL., 6.
  7. **Marching.**
  8. **Rest fall. F. gr.  $\frac{1}{2}$  st. T. rot.** (§ 43). Compare XLVI., 8. In absence of chairs substitute LXXXII., 8.
  9.  **$\frac{1}{2}$  str. rev. turn fallout st. *a* pos. zigzag forw.** (§ 44). "Left arm upw., right arm backw., to the right, and left foot sidew., forw., fallout — one! Two!" (See LXXIX., 9). "Change arms and feet forw. — one! Two!" 1=The backw. (right) foot moves forw. into fund. pos. and the arms bend = bend st. pos. 2 = This foot takes fallout *a* pos. = str. rev. turn fallout *a* to the right. "The same — one! Two!" . . .
  10. **2 steps 90° forw. jump,** as in LV., 10, but com. "— start!" Followed by *Forw. jump*. See XI., 9.
  11. **Bend toe st. 2 A. ext. and 2 Kn. flex. slowly.** See LXXVIII., 5.
  12. **Yd. *d* fallout st. *d* 2 A. elev.** (§ 46). Com. pos.: XXIV., 5. Trunk erect. Movt.: IX., 11.
- End as in LVI.

## LXXXIV.

1. **Introd.** See LI.

2. **Wg. fallout st. *b* continuously forw.** "Hips — firm! Left (r.) foot forw. — fallout! Change feet forw. — one! Two! One! Two!" . . . The backw. foot moves forw. into fund. pos. (1) and then into fallout *b* pos. (2).

3. **Bend arch stride st. alt. A. ext. upw.** (§ 39). Compare LXXX., 3.

4. **Bal. hang. 2 A. flex.** (§ 40). See LXXXIII., 4. Or substitute *Turn wlk. b st. 2 A. ext. forw., sidew., backw. and upw.*

5. **Rest wlk. *b* st. 2 Kn. flex.** (§ 41). Compare IV., 5.

6. **Str. turn fallout st. *a* 2 A. elev.** (§ 42). Com. LXXXI., 6, and XLI., 6.

7. **Marching.**

8. **Str. ly. 2 L. swim** (§ 43). Compare LXXVII., 8. If the floor cannot be used apply *Stoopfall alt. A. elev.* See LXXIX., 8.

9. **Yd. *c* wlk. *c* st. T. sidew. flex.** (§ 44). Bend to the side of the advanced foot. (Com. pos.: X., 2.)

10. **360° upw. jump**, as in LVI., 10, but com. — "Start!" Followed by *2 A. flg. twice upw. jump.* See LVIII., 10.

11. **Bend toe stride st. 2 A. ext. upw. and 2 Kn. flex. slowly.** See LXXVIII., 5.

12. **Fallout st. *d* 2 A. elev. forw. upw.** (§ 46). Com. pos.: XXIV., 5. Trunk erect. Movt.: XI., 11.

End as in LVI.

LXXXV.

1. **Introd.** See LI.
2. **Rest wlk. *d* st. backw. 2 Kn. flex. in ser.** Compare LXXXI., 2.
3. **Yd. *a* turn close st. 2 A. fig.** (§ 39). Compare LXXXI., 3. End by *Str. close st. T. forw., downw. flex.*
4. **Fallhang. alt. L. elev.** (§ 40). See LXVII., 4. Or substitute *Turn wlk. c st. 2. A. ext. sidew. and upw.*
5. **Str. st. L. elev. backw.** (§ 41). Compare V., 5.
6. **Reach turn fallout st. *a* 2 A. fig.** (§ 42). Compare LXXVI., 6, and XLII., 6.
7. **Marching.**
8. **Bend fall Kn. st. 2 A. ext. upw.** (§ 43). "Kneel! Arms upw. — bend! Trunk backw. — bend! (*Do not arch.*) Arm-extension upw. — one! Two!" . . .
9. **Yd. *c* fallout st. *a* rev. T. rot** (§ 44). Rotate to side of the backw. foot; the trunk inclined.
10. **3 steps 90° jump**, as in LVII., 10, but com. "— start!" Followed *Wg. toe stride st. jump. Feet strike.* See XXXVIII., 10.
11. **Rest st. slow 2 Kn. flex.** See LXXXIII., 5.
12. **Fallout st. *d* 2 A. elev. sidew. upw.** (§ 46). Com. pos.: XXIV., 5. Trunk erect. Movt.: XIII., 11.  
End as in LVI.

## LXXXVI.

1. **Introd.** See LI.

2. **Wg. fallout st. *b* contin. backw.** Compare LXXXIV., 2.

3. **Yd. *a* arch stride st. 2 A. fig.** (§ 39). Compare LXXXII., 3.

4. **Fallhang. alt. L. elev.** (§ 40). See LXXXV., 4. Or substitute *Turn wlk. c st. 2 A. ext. sidew. and backw.*

5. **Str. close toe st. slow march.** (§ 41). Compare VI., 7.

6. **Yd. *d* turn fallout st. *a* 2 A. elev.** (§ 42). See LXXXVI., 6 and XLIII., 6.

7. **Marching.**

8. **Bend fall. F. gr. sitt. 2 A. ext. upw.** (§ 43). Com. pos.: see XXI., 8. Movt.: LXXXV., 8, which is used as substitute in absence of desks.

9. **Rest stride st. quick T. sidew. flex.** (§ 44). "Feet sideways place, and neck—firm! Trunk flexion to the left and right—*óne!* *Twó!* *Óne!* *Twó!* . . . Upward—stretch! Position!"

10. **2 A. fig. twice upw. jump**, as in LVIII., 10, but com. "*—stárt!*" Followed by *1 step 90° jump*, as in LIII., 10, but com. "*—stárt! —Four!*"

11. **Rest wlk. *b* st. slow 2 Kn. flex.** See LXXXIV., 5.

12. **Yd. *c* fallout st. *d* 2 A. circ.** (§ 46). Com. pos.: XXIV., 5. Trunk erect. Movt.: XV., 11.

End as in LVI.



LXXXVII.

1. **Introd.** See LI.

2. **Str. stride st. 2 Knee flex. in ser.** Comp. LXVII., 2.

3. **Bend arch turn wlk. a st. 2 A. ext. upw.** (§ 39). "Left (r.) foot sideways forw. and arms upw. — bend! To the left (r.) — turn! Backw. — bend! Arm-extension upw. — one! Two!" . . . End by *Str. stride st. T. forw. downw. flex.*

4. **Cr. a bal. hang pos.** (§ 40). See LXXIII., 4. Or substitute *Turn wlk. c st. 2 A ext. sidew., backw. and upw.*

5. **Rest stride st. 2 Kn. flex.** (§ 41). Compare VII., 5.

6. **Wg. turn fallout st. a slow 2 A. ext. to yd. d** (§ 42). Compare LXXVI. "Arm-extension sidew. slowly, palms up — one! Two!" . . .

7. **Marching.**

8. **Bend fall  $\frac{1}{2}$  Kn. st. 2 A. ext. upw.** (§ 43). Comp. LXXXV., 8.

9. **Rest fallout st. a T. rot.** (§ 44). Com. pos. XVII., 5. "Neck — firm! Trunk to the left (*side of the advanced foot*) — turn! Forw. — turn! . . . Hips — firm! Change feet — one! Two! Neck — firm!" etc.

10. **Jump from chair.** "Stand on the chair and face the aisle! Left (r.) leg forw. — lift! Downward — jump!" (Land on both feet in usual manner). "Three! (=Knees stretch). Four! (=heels sink.)" Followed by *Wg. stride toe st. jump. Feet strike* as in XXXVIII., 10, but com. "— Stárt! — Stóp!"

11. **Rest fallout st. c Heel-elev.** Com. pos. XXI., 5. "Neck — firm! Heel-elevation — one! Two!" . . . Compare XLIV., 11.

12. **Close st. 2 A. elev. forw., upw. and T. rot.** (§ 46). "Arm-elevation forw., upw., trunk rotation, left and right respiration — one! Two! Three! Four! The same — one! Two!" . . . 1 = rot. to the left, 2 A. elev. forw., upw. and inhalation. 3 = the same to the right. 2 and 4 = Arms sink sidew. downward, while the trunk rotates forw. during exhalation.

End as in LVI.

## LXXXVIII.

1. **Introd.** See LI.

2. **Wg. fallout st. a zigzag backw.** Compare LXXXII., 2.

3. **Bend arch wlk. b st. 2 A. ext. upw.** (§ 39). Compare LXIX., 3.

4. **Cr. a bal. hang. pos.** (§ 40). See LXXIII., 4. Or substitute *Turn walk c st. 2 A. ext. sidew., forw. and upw.*

5. **Str. cr. 9 st. pos.** (§ 41). Compare VIII., 5.

6.  $\frac{1}{2}$  **str. yd. d turn fallout. st. a 2 A. elev.** (§ 42). Compare LXXVI., 6 and XLV., 6.

7. **Marching.**

8. **Bend fall. F. gr.  $\frac{1}{2}$  st. 2 A. ext. upw.** (§ 34). Com. pos.: XXIV., 8. Movt.: compare LXXXV., 8.

In absence of desks apply LXXXVII., 8.

9. **Yd. c turn stride st. T. sidew. flex.** (§ 44). Com. pos.: VII., 2. "Trunk to the left — turn! To the left — bend! Upw. — stretch! To the left — bend! Upw. — stretch! To the right — turn!" . . .

10. **Sidew. forw. jump.** as in LXIV., 10, but com. " — stárt!" Followed by *vault over chairs*, as in LXV., 10.

11. **Rest stride st. slow 2 Kn. flex.** See LXXXVII., 5.

12. **St. 2 A. elev. forw. upw. and T. rot.** (§ 46). Compare LXXXVII., 12.

End as in LVI.

LXXXIX.

1. **Introd.** See LI.
2. **Str. wlk. b st. 2 Kn. flex. in ser.** Compare LXVIII., 2.
3. **Bend arch wlk. c st. 2 A. ext. upw.** (§ 39). Compare LXXXVIII., 3.
4. **Fallhang. alt. L. elev.** (§ 40). See LXVII. 4. Or substitute *Turn wlk. b st. 2 A. ext. forw., backw. and upw.*
5. **Rest stride st. 2 Kn. flex. to sitt.** (§ 41). Compare XIV. 5.
6. **Yd. b turn fallout st. a 2 A. fig.** (§ 42). Compare LXXVI., 6 and XLVI., 6.
7. **Marching.**
8. **Rest ly. 2 L. abd.** (§ 43). Com. pos.: XIX., 8. Movt. § 31. 7. "Slightly, legs — lift! Leg — abduction — one! Two!" . . . 1 = the legs move apart; 2 = they move together. — If the floor cannot be used, apply XC., 8.
9.  $\frac{1}{2}$  **str. rev. turn fallout st. a pos. zigzag backw.** (§ 44). Compare LXXXIII., 9. "Left arm upw., right arm backw., to the right, and right foot sidew., backw. fallout — one! Twó! Change arms and feet backw.—one! Twó!" . . .
10. **Upw. jump.** "Upw. jump — one! Two! Three — four! Five!" The knees are extended immediately after landing. Followed by *1 step forw. jump.* See LXXIII., 10.
11. **Rest toe sup. wlk. b st. Kn. flex.** Compare LIII., 11.
12. **Yd. a turn. fallout st. a 2 A. fig.** (§ 46). Compare LXXVIII., 12. "Arms forward bend, and left (r.) foot sideways, forw. — fallout! Trunk erect! To the left (r.) — turn! Arm-flinging respiration — one! Two!" . . .

End as in LVI.

## XC.

1. **Introd.** See LI.

2. **Yd. *a* 2 fig. and fallout *b* backw.** "Arms forw. — bend! Arm-flinging sidew., left (r.) foot backw. — fallout! Arm-flinging, change feet — one! Two!" . . .

3. **Bend arch turn stride st. 2 A. ext. upw.** (§ 39). Compare LXXXVII., 3.

4. **Fallhang. alt. L. elev.** (§ 49). See LXVII., 4. Or substitute *Turn wlk. c st. 2 A. ext. forw., sidew., backw. and upw.*

5. **Str. cr. *a*  $\frac{1}{2}$  st. Kn. ext. backw.** (§ 41). Compare XIII., 5.

6. **Bend turn fallout st. *a* slow 2 A. ext. upw.** (§ 42). Compare LXXVI., 6 and LXI., 6.

7. **Marching.**

8. **Bend stoopfall alt. L. elev.** (§ 43). "Hands on the chairs — place! Feet backw. — place! (Fig. 14.) Arms — bend! (LXVII., 8.) Left (r.) leg — lift! Sink!" . . . (XXXVII., 8). (As substitute use XCI., 8.)

9. **Yd. *c* turn wlk. *a* st. T. sidew. flex.** (§ 44). Com. pos., as LVIII., 2. Bend to the side of the advanced foot.

10. **2 A. and L. fig. Twice upw. jump,** as in LX., 10, but com.: "— start!"

Followed by *vault over chairs*, as in LXVIII., 10.

11. **Rest st. slow 2 Kn. flex. to sitt.** Compare V., 5.

12. **Stride st. 2 A. elev. forw., upw. and T. rot.** (§ 46). Compare LXXXVII., 12.

End as in LVI.

XCI.

1. **Introd.** See LI.
2. **Yd. d toe st. 2 A. elev. and 2 Kn. flex.** See LXXII., 12.
3. **Bend arch close st. 2 A. ext. upw.** (§ 39). "Feet close and arms upw. — bend! Trunk backw. — bend! Arm-extension upw. — one! Two! One! Two! Trunk upw. — stretch! Forw. downw. — bend!" . . .
4. **Cr. a bal. hang. alt. Kn. ext.** (§ 40). See LXXIII., 4. Or substitute *Bend st. slow 2 A ext. to Yd. d.*
5. **Yd. c st. L. elev. sidew.** (§ 41). Compare XVI., 5.
6. **Str. fallout st. b T. forw. flex.** (§ 42). "With arm-extension upw., left (r.) foot backw. fallout — one! (= bend st.) Two! (= Str. fallout b). Trunk forw. — bend! (= trunk bends to horizontal, arms in a line with the body). Upw. — stretch! . . . Arm-ext., change feet — one! Two!" . . .
7. **Marching.**
8. **Str. fall Kn. st. T. rot.** (§ 43). Compare XL., 8.
9. **Rest fallout st. a rev. T. rot.** (§ 44). Com. pos.: XVII., 5. "Neck — firm! Trunk to the right (l.) — turn!" . . . (To the side of the backw. foot. Trunk inclined.)
10. **1 step forw. jump**, as in XXVIII, but com.: " — stárt! — Four!" The pupils go through all except the last motion without counts.  
Followed by *sidew. jump*, as in XVI., 9, but com.: " — stárt! "
11. **Rest stride st. slow 2 Kn. flex. to sitt.** Compare XIV., 5.
12. **Turn fallout st. a 2 A. ext. to Yd. d** (§ 46). See LXXXVII., 6. Inhale when the arms extend; exhale when they bend.  
End as in LVI.

## XCII.

1. **Introd.** See LI.
2. **Str. wlk. a st. 2 Kn. flex in ser.** Compare LXIX., 2.
3. **Bend arch turn st. 2 A. ext. upw.** (§ 39). Compare LXXXVII, 3. End by *Str. st. T. forw. downw. flex.*
4. **Cr. a bal. hang. alt. Kn. ext.** (§ 40). See LXXIII., 4. Or substitute *bend turn close st. slow. 2 A. ext. upw.*
5. **Rest toe st. 2 Kn. flex. to sitt.** (§ 41). Compare XIX., 5.
6. **Str. fallout st. c T. forw. flex.** (§ 42). Compare XCI., 6.
7. **Marching.**
8. **Str. fall. F. gr. sitt. T. rot.** (§ 43). Compare XLII., 8  
In absence of desks apply XCI., 8.
9. **Yd. c turn st. T. sidew. flex.** (§ 44). "Arms sidew. — lift! Trunk to the left (r.) — turn! To the left (r.) — bend!" . . . (To the side, to which rotation has taken place.)
10. **180° Twice upw. jump,** as in LXII., 10; but com.: "— start!"  
Followed by *2 steps 90° jump,* as in LV., 10.
11. **Str. toe sup. wlk. b st. Kn. flex.** Compare LIII., 11.
12. **Yd. d turn fallout st. a 2 A. elev.** (§ 46). See LXXXVI., 6. Inhale as the arms rise; exhale as they sink.  
End as in LVI.

XCIIL.

1. **Introd.** See LI.

2. **Yd. a 2 A. flg. and fallout. a backw.** "Arms forw. — bend! Arm-flinging sidew., left (r.) foot sidew. backw. — fallout! Arm-flinging change feet — one! Twó!" . . . For space compare XVIII., 5.

3. **Bend arch st. 2 A. ext. upw.** (§ 39). Compare XCI., 3.

4. **Bend fallhang alt. L. elev.** (§ 40). See LXXV., 4. As substitute use *Bend turn stride st. slow 2 A. ext. upw.*

5. **Rest cr. a  $\frac{1}{2}$  st. Kn. ext. forw.** (§ 41). Compare XXII., 5.

6. **Str. turn fallout st. a T. forw. flex.** (§ 42). Com. pos. as in LXXX., 6. Movt. as XCI., 6.

7. **Marching.**

8. **Str. fall.  $\frac{1}{2}$  Kn. st. T. rot.** (§ 43). Compare XLIV., 8.

9.  **$\frac{1}{2}$  str. rev. turn fallout st. a change of A.** (§ 44). Com. pos. as LXXIX., 9. "With trunk rotation, change arms — one! Twó!" 1 = Bend fallout st. a pos. 2 =  $\frac{1}{2}$  str. *turn* fallout. st. a., that arm being up which corresponds to the backw. lg., the body facing in direction of the advanced foot.

10. **2 steps jump** as in XXXII., 10, but com.: "— Stárt! — Five!"

Followed by *vault over chairs* as in LXX., 10.

11. **Rest heel sup. wlk. b st. T. forw. flex.** Compare LI., 11.

12. **Turn fallout st. a 2 A. elev. forw. upw.** (§ 46). "Hips — firm! Left (r.) foot sidew. forw. — fallout! Trunk to the left (r.) — turn! Trunk erect! Arm-elevation forw. upw. respiration — one! Two! One! Two!" . . . (XI. 11).

End as in LVI.

## XCIV.

1. **Introd.** See LI.
2. **Str. wlk. *d* st. 2 Kn. flex. in ser.** Compare LXX., 2.
3. **Bend arch turn close st. 2 A. ext. upw.** (§ 39). Compare XCII., 3.
4. **Bend fallhang alt. L. elev.** (§ 40). See LXXV., 4. Or substitute *Bend turn st. slow 2 A. ext. upw.*
5. **Rest toe stride st. 2 Kn. flex. to sitt.** (§ 41). Compare XXIII., 5.
6. **Rest fallout st. *b* T. forw. flex.** (§ 42). "Hips — firm! Left (r.) foot backw. — fallout! Neck — firm! Trunk forw. — bend!" . . . Compare XCI., 6.
7. **Marching.**
8. **Str. fall F. gr.  $\frac{1}{2}$  st. T. rot.** (§ 43). Compare XLVI., 8. In absence of desks apply XCIII., 8.
9. **Yd. *c* turn close st. T. sidew. flex.** (§ 44). Compare XCII., 9.
10. **Backw. jump**, as in LXVI., 10, but com.: "— stárt!" Followed by *vault over chairs*, as in LXX., 10.
11. **Str. wlk. *b* st. slow 2 Kn. flex. in ser.** See LXXXIX., 2.
12. **Turn fallout st. *a* 2 A. elev. sidew. upw.** (§ 46). Compare XCIII., 12 and XIII., 11.  
End as in LVI.



XCV.

1. **Introd.** See LI.

2.  $\frac{1}{2}$  **str. fallout st. a zigzag forw.** "Left (r.) arm upw., right (l.) arm backw. and left (r.) foot sidew. forw. fall-out—one! Twó! Change arms and feet forw.—one! Twó!" . . . See LXXXIII., 9.

3. **Bend arch stride st. 2 A. ext. upw.** (§ 39). Compare XCIII., 3. End by *Str. stride st. T. forw. downw. flex.*

4. **Cr. a bal. hang. 2 Kn. ext. forw.** (§ 40). Com. pos.: see LXXI., 4. "Knees forw.—stretch! Bend! Stretch! Bend! Backw.—stretch! Position!" Or substitute *Bend turn wlk. b st. slow 2 A. ext. upw.*

5. **Rest wlk. a st. 2 Kn. flex.** (§ 41). Compare XXV., 5.

6. **Rest fallout st. c T. forw. flex.** (§ 42). Compare XCI.

7. **Marching.**

8. **Str. ly. 2 L. abd.** (§ 43). Compare LXXXIX., 8. — If the floor cannot be used apply XC., 8.

9. **Str. stride st. quick T. rot.** (§ 44). Compare LXXI., 8.

10. **3 steps forw. jump**, as in XXXV., 10, but com.: "—start!—Six!"

Followed by *Twice sidew. jump. b* as in LIV., 10, but com.: "—start!"

11. **Wg. hor.  $\frac{1}{2}$  st. Kn. flex.** "Hips—firm! Horizontal half-standing, left (r.) leg backw.—lift! (See § 30. 13.) Knee—bend! (The carrying knee bends to utmost flexion.) Stretch!" (It resumes original flexion.)

12. **Yd. c turn fallout st. a 2 A. circ.** (§ 46). Compare LXXXIX. 12, and LXV., 12.

End as in LVI.

## XCVI.

1. **Introd.** See LI.
  2. **Str. wlk. *b* st. backw. 2 Kn. flex. in ser.** Compare LXXXIX., 2 and LXXI., 2.
  3. **Bend arch st. alt. A. ext. upw. and F. placing forw.** (§ 39). "Arms upw. — bend! Trunk backw. — bend! Right arm upw. and left foot forw. — place! Change arms and feet — one! Two! . . . One! Trunk upw. — stretch! Arms upw. — stretch! Trunk forw. downw. — bend!" . . .
  4. **Cr. *a* bal. hang 2 Kn. ext.** (§ 40). See XCV., 4. Or substitute *Bend turn wlk. *a* st. slow 2 A. ext. upw.*
  5. **Str. wlk. *d* st. 2 Kn. flex.** (§ 41). Compare XXVI., 5.
  6. **A. fling. upw. and fallout. *d* backw.** (§ 42). "Left arm upw. fling, and left foot toe supporting backw. — fallout! Change arms and feet — one! Two!" . . . Compare IV., 6 and § 30. 12.
  7. **Marching.**
  8. **Reach fall Kn. st. 2 A. fig.** (§ 43). "Kneel! Arms forw. — lift! Trunk backw. — bend! Arm-flinging upw. — one! Two!" . . .
  9. **Str. stride st. quick T. sidew. flex.** (§ 44). Compare LXXXVI., 9.
  10. **360° twice upw. jump**, as in LXVIII., 10, but com. "—start!"
- Followed by *vault over chairs sidew.* The pupil places both hands on the *desk*, and facing the platform he vaults into the next aisle.
11. **Rest wlk. *a* st. slow. 2 Kn. flex.** Compare XXV., 5.
  12. **Yd. *a* arch st. 2 A. fig.** (§ 46). "Arms forward — bend! Trunk backw. — bend! Arm-flinging, breathe in — one! Breathe out — two! The same — one! Two! . . . Trunk upw. — stretch: Position!"

End as in LVI.

## XCVII.

1. **Introd.** See LI.
  2.  $\frac{1}{2}$  **str. fallout st. a pos. zigzag backw.** See LXXXIX., 9.
  3. **Yd. a arch st. 2 A. fig. and F. placing forw.** (§ 39). "Arms forw. — bend! Trunk backw. — bend! Arm-flinging sideways, foot-placing forward! — one! Two! Three! Four! Trunk upw. — stretch! Arms upw. — stretch! Trunk forw. downw. — bend!" . . .
  4. **Bend fallhang alt. L. elev.** (§ 40). See LXXV., 4. Or substitute *Bend turn wlk. c st. slow 2 A. ext. upw.*
  5. **Str. cr. a  $\frac{1}{2}$  st. Kn. abd.** (§ 41). Compare XXVII., 5.
  6. **2 A. fling. upw. and fallout b backw.** (§ 42). "Arm-flinging forw. upw. left foot backw. — fallout! Arm-flinging, change feet — one! Two!" . . . Compare XIV., 6 and XX., 5.
  7. **Marching.**
  8. **Reach fall F. gr. sitt. 2 A. fig.** (§ 43). Compare Fig. 13 and XCVI., 8, which is used as substitute in absence of desks.
  9. **Str. fallout st. a T. rot.** (§ 44). "Arm-extension upw. left (r.) foot sidew. forw. fallout — one! Two! Trunk to the left (r.) — turn! Forw — turn! . . . Arm-extension, change feet — one! Two!" . . .
  10. **Jump from chairs whole start,** as in LXXXVII., 10, but spring from both feet. Com.: "Downward — jump! Two! Three!"  
Followed by *1 step 90° jump*, as in LXXXVII., 10, and by *forward and backward jump*, as in LXXII., 10, but com.: "— stárt!"
  11. **Str. wlk. d st. slow 2 Kn. flex.** See XCVI., 5.
  12. **Yd. a arch stride st. 2 A. fig.** (§ 46). Compare XCVI., 12.
- End as in LVI.

## XCVIII.

1. **Introd.** See LI.
2. **Str. wlk. *a* st. backw. 2 Kn. flex. in ser.** Compare LXIX., 2.
3. **Bend arch st. 2 A. ext. upw. and F. pl. forw.** (§ 39). "Arms upw.—bend! Trunk backw.—bend! Arm-extension upw., foot-placing forw.—one! Two! Three! Four!" . . . Compare XCVII., 3.
4. **Bend fallhang. alt. L. elev.** (§ 40). See LXXV., 4. Or substitute *Bend fallout st. b slow 2 A. ext. upw.*
5. **Str. hor.  $\frac{1}{2}$  st. pos.** (§ 41). "Arms upw.—stretch! Horizontal half-standing, left (r.) leg backw.—lift!" . . . Compare § 30. 13.
6. **A. flg. upw. and fallout *d* forw.** (§ 42). "Arm-flinging forw., upw. and fallout forw. (backw. heel raised), left arm and right foot—one! Change forw.—one! Two!" . . . 1 = 2 = The backw. foot moves immediately forw. into fallout *d* pos. (without first assuming fund. pos.) and the change of arms occurs as in IV., 6 (let the downw. arm move freely backw.).
7. **Marching.**
8. **Reach fall  $\frac{1}{2}$  Kn. st. 2 A. flg.** (§ 43). Compare XCVI., 8.
9. **Rest rev. turn fallout st. *a* T. sidew flex.** (§ 44). Com. pos.: see XCI., 9. Bend to the side of the advanced foot.
10. **2 steps 90° jump**, as in LIII., 10, but com.: "—start! Five!"  
Followed by *Sidew. forw. jump*, as in LXIV., 10, but com.: "—start!" and by *Jump from chairs*, as in XCVII., 10.
11. **Str. st. slow 2 Kn. flex.** "Arms upw.—stretch! Heel-elevation and knee-flexion slowly—start! Continue! Stop!"
12. **Yd. *c* arch st. 2 A. circ.** (§ 46). "Arms sidew.—lift! Trunk backw.—bend! Arm-circumduction, respiration—start! Stop! Trunk upw.—stretch! Position!"

End as in LVI.

## XCIX.

1. **Introd.** See LI.

2. **Bend st. 2 A. ext. upw. and fallout c backw.** "Feet close and arms upw. — bend! Arm-extension upw., left (r.) foot backw. — fallout! Arm-extension, change feet — one! *Twó!*" . . .

3. **Yd. c arch turn walk a st. 2 A. fig. and ch. F.** (§ 39). "Left foot sidw. forw., to the left and arms sidw. stretch — one! *Twó!* (See LVIII., 2.) Trunk backw. — bend! Arm-flinging, change feet and sides — one! *Two!*" . . . 1 = Yd. a arch st. 2 = Yd. c arch turn wlk. a st. to the opposite side. End by *Str. close st. T. forw. downw. flex.*

4. **Cr. a bal. hang. 2 Kn. ext.** (§ 40). See XCV., 4. Or substitute *Bend fallout st. d slow 2 A. ext. upw.*

5. **Reach cr. b courtesy sitt. ch. of F.** (§ 41). "To sitting, knees — bend! Arms forw. — lift! Left (r.) leg forw. — stretch! Change feet — one! *Two!*" . . . 1 = Reach courtesy sitt. 2 = Reach cr. b courtesy sitt. Later "Change feet — one! *Twó!*" . . . Occurs by jumping, without bringing the heels together.

6. **Rest turn fallout st. a T. forw. flex.** (§ 42). Compare XCIII., 6.

7. **Marching.**

8. **Reach fall F. gr.  $\frac{1}{2}$  st. 2 A. fig.** (§ 43). Compare XCVII., 8.

9. **Str. fallout st. a rev. T. rot.** (§ 44). Compare XCI., 9.

10. **Jump from chair**, as in XCVII., 10.

Followed by *2 steps 90° jump*, as in LIII., 10, but com.: "— stárt! Five!" and by sidw. and forw. jump, as in LXX., 10, but com.: "— stárt!"

11. **Str. stride st. slow 2 Kn. flex.** Compare XCVIII., 11.

12. **Yd. c arch st. 2 A. circ.** (§ 46). See XCVIII., 12.

End as in LVI.

## C.

1. **Introd.** See LI.

2. **Str. wlk. *d* st. backw. 2 Kn. flex. in ser.** See XCVIII., 2.

3. **Str. arch turn wlk. *a* st. 2 A. ext. upw. and ch. F.** (§ 39). "Left foot sidew. forw., to the left, and arms upw. stretch—one! Two! (See LXIII., 2). Trunk backw.—bend! Arm-extension, change feet and sides—one! Two!" . . . Compare XCIX., 3.

4. **Cr. *a* bal. hang 2 Kn. ext.** (§ 40). See XCV., 4. Or substitute *Bend turn fallout st. *a* slow 2 A. ext. upw.*

5. **Rest toe st. alt. Kn. upw. flex.** (§ 41). Compare XXIX., 5.

6. **Str hor.  $\frac{1}{2}$  st. 2 A. ext. upw.** (§ 42). Com. pos.: see XCVIII., 5. "Arm-extension upw.—one! Two!" . . .

7. **Marching.**

8. **Stoopfall alt. A. and L. elev.** (§ 43). "Stoopfalling—one! Two! (Fig. 14.) Left arm and right leg—lift! Change—one! Two!" . . . Compare LXXVII., 8, and XXXVII., 8.

9. **Str. rev. turn fallout st. *a* T. sidew. flex.** (§ 44). Com. pos.: as in XCVII., 9. Rotate to the side of the backw. foot, bend to the side of the advanced foot.

10. **3 steps 90° jump and face front.** Com.: "Three steps from the left (r.) foot, face left (r.) and front, forw. jump—start!" After landing (facing to the side) the knees are stretched so quickly that a slight jump occurs into fund. pos. and facing to the front.

Followed by *vault over chairs*, as in XCVI., 10, or other forms chosen from previous tables.

11. **Reach cr. *b*  $\frac{1}{2}$  st. Kn. flex.** See LXXXI., 5.

12. **Yd. *a* arch st. 2 A. fig. and F. placing forw.** (§ 46). Executed as XCVII., 3. Inhale at "one!" exhale at "Two!" etc.

End as in LVI.

# CLASSIFIED LISTS OF EXERCISES

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**For teachers in schools or gymnasia, who wish to make out their own tables.**

**In these lists, all the laws of progression have been carried out as exactly as possible.**

**(For full description of the movements see preceding pages and "The Swedish System of Educational Gymnastics" by the same author.)**





## ARCH-FLEXIONS.\*

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1. Wg. st. arch flex.
2. Wg. stride st. arch flex.
- 3, 4. Wg. wlk. *b* (*c*) st. arch flex.
5. Wg. close st. arch flex.
- 6, 7. Wg. sup. st. (stride st.) (hor. bar at sacrum)  
arch flex.
- (8. Wg. turn wlk. *a* st. arch flex.)
- (9. Wg. turn stride st. arch flex.)
- (10, 11. Wg. turn st. (close st.) arch flex.)
- (12. Yd. turn wlk. *a* st. arch flex.)
- 13, 14. Yd. wlk. *b* (*c*) st. arch flex.
- 15, 16. Yd. sup. st. (stride st.) arch flex. over hor.  
bar.
- (17. Yd. turn stride st. arch flex.)
- 18, 19. Yd. st. (close st.) arch flex.
- (20, 21. Yd. turn st. (close st.) arch flex.)
22. Yd. Stride st. arch flex.
- (23, 24.  $\frac{1}{2}$  str. wg. turn wlk. *a* st. arch flex.)
- 25, 26.  $\frac{1}{2}$  Str. wg. wlk. *b* (*c*) st. arch flex.
- 27, 28.  $\frac{1}{2}$  Str. wg. sup. st. (stride st.) arch flex.
- (29.  $\frac{1}{2}$  Str. wg. turn stride st. arch flex.)
- 30, 31.  $\frac{1}{2}$  Str. wg. st. (close st.) arch flex.
- (32, 33.  $\frac{1}{2}$  Str. wg. turn st. (close st.) arch flex.)
34.  $\frac{1}{2}$  Str. wg. stride st. arch flex.
- 35, 36. Bend arch sup. st. (stride st.) 2 A. ext.  
sidew.
- (37. Str. turn wlk. *a* st. arch flex.)
- 38, 39. Str. wlk. *b* (*c*) st. arch flex.
40. Str. sup. stride st. arch flex.
- (41. Str. turn stride st. arch flex.)

\* Backw. flex. from turn pos. is strictly speaking a. lat T. movt.; but, in absence of apparatus it may be used as an arch flexion; hence its appearance on this list.

- 42, 43. Str. st. (close st.) arch flex.
- (44, 45. Str. turn st. (close st.) arch flex.
46. Str. sup. st. arch flex.
47. Str. stride st. arch flex.
48. Gr. arch st. pos.
- (49. Rest turn walk *a* st. arch flex.)
50. Gr. arch stride st. pos.
51. Rest. sup. st. arch flex.
52. Gr. arch stride st. 2 Heel-elev.
53. Rest sup. stride st. arch flex.
54. Gr. arch st. 2 Heel-elev.
55. Gr. arch st. Kn. upw. flex. *a* (change feet in two counts).
- 56, 57. Rest. wlk. *b* (*c*) st. arch flex.
- 58, 59. Bend arch sup. st. (stride st.) alt. A. ext. upw.
60. Gr. arch st. Kn. upw. flex. *b* (change feet in one count).
- (61. Rest turn stride st. arch flex.)
62. Gr. arch cr. *a*  $\frac{1}{2}$  st. Kn. ext. forw.
- 63, 64. Rest. st. (close st.) arch flex.
65. Gr. arch st. L. elev. *a* forw. (change in two counts.)
- (66, 67. Rest turn st. (close st.) arch flex.).
68. Gr. arch st. L. elev. *b* forw. (change in one count).
69. Rest stride st. arch flex.
70. Gr. arch st. 2 A. flex.
71. Fallhang. to gr. arch st.
- (72. Bend arch turn wlk. *a* st. 2 A. ext. sidew.)
73. Bend arch sup. st. 2 A. ext. upw.
- 74, 75. Bend arch wlk. *b* (*c*) st. 2 A. ext. sidew.
76. Gr. arch stride st. Hand trav. *a* (to the same bar).
- (77. Bend arch turn stride st. 2 A. ext. sidew.)
78. Gr. arch st. Hand trav. *a*.
- 79, 80. Bend arch st. (close st.) 2 A. ext. sidew.
- (81, 82. Bend arch turn st. (close st.) 2 A. ex. sidew.)
83. Bend arch stride st. 2 A. ext. sidew.

- (84. Bend arch turn wlk. *a* st. alt. A. ext. upw.)
- 85, 86. Bend arch wlk. *b* (*c*) st. alt. A. ext. upw.
- 87. Oblique gr. arch stride st. 2 Heel-elev.
- (88. Bend arch turn stride st. alt. A. ext. upw.)
- 89. Oblique gr. arch st. 2 Heel-elev.
- 90, 91. Bend arch st. (close st.) alt. A. ext. apw.
- 92. Oblique gr. arch st. Kn. upw. flex. *a*.
- (93, 94. Bend arch turn st. (close st.) alt. A. ext. upw.)
- 95. Oblique gr. arch st. Kn. upw. flex *b*.
- 96. Bend arch stride st. alt. A. ext. upw.
- 97. Oblique gr. arch cr. *a*  $\frac{1}{2}$  st. Kn. ext. forw.
- 98. Yd. *a* turn wlk. *a* st. 2 A. flg.
- 99. Oblique gr. arch st. L. elev. *a* forw.
- 100, 101. Yd. *a* arch wlk. *b* (*c*) st. 2 A. flg.
- 102. Oblique gr. arch st. L. elev. *b* forw.
- 103. Yd. *a* arch turn stride st. 2 A. flg.
- 104. Oblique gr. arch st. 2 A. flex.
- 105, 106. Yd. *a* arch st. (close st.) 2 A. flg.
- 107. Gr. arch stride st. Hand trav. *b* (skip one bar).
- (108, 109. Yd. *a* arch turn st. (close st.) 2 A. flg.)
- 110. Gr. arch st. Hand trav. *b*.
- 111. Yd. *a* arch stride st. (close st.) 2 A. flg.
- 112. Gr. arch stride st. Hand trav. *c* (both hands simultaneously).
- 113. Bend arch st. alt. A. ext. upw. & F. placing forw.
- 114. Gr. arch st. Hand trav. *c*.
- 115. Yd. *a* arch st. 2 A. flg. & F. placing forw.
- 116. Bend. gr. arch st. L. elev. *a* forw.
- (117. Bend turn wlk. *a* st. 2 A. ext. upw.)
- 118. Gr. arch stride st. Hand trav. *d* (both hands and skip a bar).
- 119, 120. Bend arch wlk. *b* (*c*) st. 2 A. ext. upw.
- 121. Gr. arch st. Hand trav. *d*.
- (122. Bend arch turn stride st. 2 A. ext. upw.)
- 123. Gr. arch cr. *a*  $\frac{1}{2}$  st. Heel-elev.
- 124, 125. Bend arch st. (close st.) 2 A. ext. upw.
- 126. Gr. arch cr. *b*  $\frac{1}{2}$  st. Heel-elev.

(127, 128. Bend arch turn st. (close st.) 2 A. ext. upw.)

129. Gr. arch cr.  $a \frac{1}{2}$  st. 2 A. flex.

130. Bend arch stride st. 2 A. ext. upw.

131. Gr. arch cr.  $b \frac{1}{2}$  st. 2 A. flex.

(132. Str. arch turn wlk.  $a$  st. 2 A. ext. upw.)

133. Gr. arch cr.  $a$  toe  $\frac{1}{2}$  st. Kn. ext. forw.

134, 135. Str. arch wlk.  $b$  ( $c$ ) st. 2 A. ext. upw.

136. Gr. arch cr.  $b$  toe  $\frac{1}{2}$  st. 2 A. flex.

(137. Str. arch turn stride st. 2 A. ext. upw.)

138. Bend arch toe st. L. elev.  $a$  forw.

139, 140. Str. arch st. (close st.) 2 A. ext. upw.

141. Oblique gr. arch cr.  $a \frac{1}{2}$  st. Heel-elev.

(142, 143. Str. arch turn st. (close st.) 2 A. ext. upw.)

144. Oblique gr. arch cr.  $b \frac{1}{2}$  st. Heel-elev.

145. Str. arch stride st. 2 A. ext. upw.

146. Oblique gr. arch cr.  $b \frac{1}{2}$  st. 2 A. flex.

147. Str. arch wlk.  $b$  st. 2 A. ext. upw. & ch. F.

148. Oblique gr. arch cr.  $a$  toe  $\frac{1}{2}$  st. Kn. ext.

149. Oblique gr. arch cr.  $b$  toe  $\frac{1}{2}$  st. 2 A. flex.

150. Oblique gr. arch toe st. L. elev.  $a$  forw.

151. Yd.  $c$  arch turn wlk.  $a$  st. 2 A. flg. & ch. F.

(see XCIX. 3).

152.  $\frac{1}{2}$  str. gr. wg. arch stride st. 2 Heel-elev.

153. Str. arch turn wlk.  $a$  st. 2 A. ext. upw. & ch. F. (see C. 3).

\* \* \*

154.  $\frac{1}{2}$  str. gr. wg. arch st. 2 Heel-elev.

155.  $\frac{1}{2}$  str. gr. wg. arch st. kn. upw. flex.

156.  $\frac{1}{2}$  str. gr. wg. arch cr.  $a \frac{1}{2}$  st. Kn. ext. forw.

157.  $\frac{1}{2}$  str. gr. wg. arch st. L. elev.  $a$  forw.

158.  $\frac{1}{2}$  str. gr. wg. arch st. stride st. A. flex.

159.  $\frac{1}{2}$  str. gr. wg. arch st. A. flex.

160.  $\frac{1}{2}$  str. gr. wg. arch cr.  $a \frac{1}{2}$  st. Heel-elev.

161.  $\frac{1}{2}$  str. gr. wg. arch cr.  $b \frac{1}{2}$  st. Heel-elev.

162.  $\frac{1}{2}$  str. gr. wg. arch cr.  $a \frac{1}{2}$  st. A. flex.

163.  $\frac{1}{2}$  str. gr. wg. arch cr.  $b \frac{1}{2}$  st. A. flex.

164.  $\frac{1}{2}$  str. gr. wg. arch cr.  $a$  toe  $\frac{1}{2}$  st. Kn. ext.

165.  $\frac{1}{2}$  str. gr. wg. arch cr.  $b$  toe  $\frac{1}{2}$  st. A. flex.

166.  $\frac{1}{2}$  str. gr. wg. arch toe st. L. elev. *a* forw.  
 167.  $\frac{1}{2}$  str. gr. wg. arch stride st. Hand trav.  
 downw.  
 168.  $\frac{1}{2}$  str. gr. wg. arch st. Hand trav. downw.  
 169, 170, 171. Gr. arch st. sidew. marching; 1.  
 Head leads; *a.* (one hand at a time); *b.* (both hands  
 simultaneously). 2. Feet lead.  
 172, 173, 174, 175. Gr. arch stride st., hands on  
 the ground; *a.* pos.; *b.* 2 A. flex.; *c.* sidew. marching;  
*d.* forw. & backw. marching.

### HEAVING-MOVEMENTS.\*

- St. H. flex. backw. (also forw.).  
 St. H. rot.  
 St. H. flex. sidew.  
 St. H. rot. with forw. and backw. flex.

\*       \*       \*

- St. 2 A. ext. sidew.  
 St. 2 A. ext. upw.  
 St. 2 A. ext. forw.  
 St. 2 A. ext. backw.

and combinations as on page 51.

\*       \*       \*

1. Hor. walking on stall-bars ("one! . . . Four!  
 or One! Two! . . .")
2. Walking upw. on stall-bars, rope ladders, etc.
3. Fallhang. pos.
4.  $\left\{ \begin{array}{c} \text{over} \\ \text{double} \\ \text{under} \end{array} \right\}$  gr. hang. pos.
5. Over gr. hang. oscillation (hands still).
6. Arch hang. on upper stall-bars (legs backw.  
 lift!).

\* It is to be remembered that the progression in this class of exercise is largely dependent upon individuality, and hence that this list is only approximate.

7. Over gr. hang. oscillatory trav.
8. Introd. to cr. hang. (hang, face out, on upper stall-bar).
9. Fallhang. 2 A. flex.
10. Hor. serpentine, head first (hor. ladder).
11. Cr. *a* hang. pos., one leg (change in one or two counts) (stall-bars).
12. Fallhang. sagittal hor. trav. (bar. Feet drag or walk on the floor).
13. Change legs on oblique rope.
14. Double gr. hang. osc. trav. (bar or high parallels).
15. Hor. serp., feet first (hor. ladder).
16. Arch hang. pos. on ropes or stall-bars.
17. 2 Cr. *a* hang. pos. (stall-bars).
18. Fallhang. transv. trav. (bar).
19. Bal. hang. pos.
20. Diagonal serp., hor. ladder.
21. Bend fallhang. H. rot.
22. Oblique rope climb, head first.
23. Spiral serp., vert. ladder (two pupils around each other).
24. Climb on vert. ropes, horizontally from rope to rope.
25. Diag. serp. on vert. ladder.
26. Und. gr. hang. 2 A. flex.
27. Fallhang. vert. trav. on ropes (sit on the floor and climb into str. gr. st. pos.).
28. Bal. hang. sidew. trav., one hand at a time.
29. Stoophang. pos. on stall-bars.
30. Bend fallhang. sidew. trav. (hor. bar).
31. 2 Cr. *a* hang. alt. Kn. ext. (stall-bars).
32. Arch hang. pos., hor. bar.
33. Cr. hang. alt. L. elev. (stall-bars).
34. Double gr. hang. 2 A. flex.
35. Bal. hang. sagittal trav. (parallel bars), one hand at a time.
36. Zigzag vert. serp. (straight up in vert. ladder).
37. Over gr. hang. 2 A. flex.
38. Climb. on pole or rope.
39. Und. gr. hang. osc. trav.

40. Oblique rope climb. feet first.
41. Diag. serp., down head first; hor. ladder.
42. 2 Cr. *a* hang. 2 kn. ext. (stall-bars).
43. Arch hang. 2 A. flex.
44. Bend und. gr. hang. H. rot.
45. Climb. vert. ropes, diagonally from rope to rope.
46. Bend arch hang. H. rot.
47. Und. gr. Cr. hang. somersault.
48. Bal. hang. 2 A. flex. (parallel bars).
49. Diagonal serp., down head first; vert. ladder.
50. Arch hang. vert. trav. on ropes (compare 27).
51. Bend. und. gr. hang. hor. trav.
52. 2 Cr. *a* hang. alt. Kn. ext. on hor. bar.
53. Arch hang. transv. trav.
54. Bend double gr. hang. hor. trav. ("nose in the groove").
55. 2 Cr. *a* hang. 2 Kn. ext. on hor. bar (or ropes).
56. Arch hang. sagittal trav. (hor. bar).
57. Bal. hang. 2 hand trav. sidew.
58. Bend double gr. hang. vert. trav. (ropes or ladder).
59. Bend double gr. hang. hor. trav. w. alt. elev.
60. Arch hang. alt. L. elev. backw.
61. Bal. hang. sagittal 2 hand trav. (parallel bars).
62. 2 Cr. *a* hang. 2 Kn. abd. (stall-bars).
63. Bend overgr. hang. hor. trav. (hor. bar).
64. Bend arch. hang. transv. trav. (hor. bar or stall-bars).
65. 2 Cr. hang. 2 L. elev. (stall-bars).
66. Single rotary climb. on oblique rope (one leg over).
67. Bend und. gr. hang. diag. trav. (hor. bar inclined).
68. 2 Cr. hang. 2 L. swing. over bar (double bars).
69. Spiral serp. down head first (vert. ladder).
70. 2 Cr. *a* hang. 2 Kn. abd., hor. bar. (or ropes).
71. Over gr.  $\frac{1}{2}$  Kn. hang. swing up to bal.  $\frac{1}{2}$  sitt. (also trav. sidew.).
72. Bend double gr. hang. diag. trav. oblique rope.
73. Bend arch. hang. sagittal trav.
74. Bal. hang. to high sitt. (also trav. sidew.).

75. 2 Cr. hang. 2 L. elev., on hor. bar.
76. Climb rope and "make fast" (arms in yd. c pos.).
77. Bend over gr. hang. diag. trav. (inclined bar, oblique rope, etc.).
78. 2 Cr. *b* hang 2 L. abd. on stall-bars.
79. Bend arch hang. alt. L. elev. backw.
80. High sitt. somersault. backw. (hor. bar).
81. Over gr. hang. 2 A. flex. to  $\frac{1}{2}$  rev. bend bal. hang pos.
82. Bend double gr. hang. 2 hand trav. (hor. bar).
83. Climb rope and slide down head first.
84. 2 Cr. *b* hang. 2 L. abd. on hor. bar (or ropes).
85. Stoophang. 2 A. flex. (ropes or parallel bars).
86. Bend Cr. hang. trav. forw. w. 2 L. swing over bar (double bars).
87. Bend over gr. hang. 2 hand trav.
88. 2 Cr. *a* hang. 2 A. flex.
89. Stoophang. vert. trav. on ropes.
90. Bend und. gr. hang. 2 hand trav.
91. Stoophang. somersault to high sitt. ("skin a cat" on bar).
92. Bend over gr. hang. 2 hand trav. on hor. ladder (laid on hooks).
93. 2 Cr. *b* hang. 2 A. flex.
94. Double rotary climb on oblique rope (both legs over).
95. Bend double gr. 2 Cr. *b* hang. hor. trav. (hor. bar).
96. Stoophang. vert. 2 Hand trav. on ropes.
97. Bend over gr. hang. rotary trav. on hor. bar.
98. Over gr. hang. 2 A. flex. to bal. hang pos.
99. Bend 2 Cr. *b* hang. vert. trav. (ropes).
100. Bend over gr. 2 Cr. *b* hang. sidew. trav. on hor. bar, etc.



# BALANCE MOVEMENTS.

1. Wg. st. 2 Heel-elev.\*
2. Wg. stride st. 2 Heel-elev.
3. Wg. close st. 2 Heel-elev.
4. Wg. wlk. *a* st. 2 Heel-elev.
5. Wg. wlk. *b* st. 2 Heel-elev.
6. Wg. st. alt. toe-elev.
7. Wg. wlk. *c* st. 2 Heel-elev.
8. Wg. st. alt. 2 Heel and toe elev.
9. Wg. wlk. *d* st. 2 Heel-elev.
10. Wg. toe st. H. rot.
11. Yd. *c* st. 2 Heel-elev.
12. Yd. *c* stride st. 2 Heel-elev.
13. Yd. *c* close st. 2 Heel-elev.
14. Yd. *c* wlk. *a* st. 2 Heel-elev.
15. Yd. *c* wlk. *b* st. 2 Heel-elev.
16. Yd. *c* st. alt. toe elev.
17. Yd. *c* wlk. *c* st. 2 Heel-elev.
18. Yd. *c* alt. 2 toe and heel elev.
19. Yd. *c* wlk. *d* st. 2 Heel-elev.
20. Yd. *c* toe st. H. rot.
21. Rest st. 2 Heel-elev.
22. Rest stride st. 2 Heel-elev.
23. Rest close st. 2 Heel-elev.
24. Rest wlk. *a* st. 2 Heel-elev.
25. Rest wlk. *b* st. 2 Heel-elev.
26. Rest. st. alt toe-elev.
27. Rest wlk. *c* st. 2 Heel-elev.
28. Rest st. alt. 2 Heel and toe elev.
29. Str. st. 2 Heel-elev.
30. Str. stride st. 2 Heel-elev.
31. Str. close st. 2 Heel-elev.
32. Str. wlk. *a* st. 2 Heel-elev.
33. Str. wlk. *b* st. 2 Heel-elev.
34. Str. st. alt. toe and Heel-elev.
35. Str. wlk. *c* st. 2 Heel-elev.

\* Movts. 3 to 37 inclusive are usually put in as introd. or slow leg movts, and progression goes from 2 to 38.

36. Str. st. alt. 2 Heel and toe-elev.
37. Str. wlk. *d* st. 2 Heel-elev.
38. W<sub>g</sub>. st. 2 Kn. flex.
39. W<sub>g</sub>. wlk. *b* st. 2 Kn. flex.
40. W<sub>g</sub>. st. L. elev. backw.
41. W<sub>g</sub>. close st. slow march on tip-toe.
42. W<sub>g</sub>. courtesy st. H. rot.
43. W<sub>g</sub>. stride st. 2 Kn. flex.
44. W<sub>g</sub>. Cr. *a*  $\frac{1}{2}$  st. pos.
45. W<sub>g</sub>. stride courtesy st. H. rot.
46. W<sub>g</sub>. fallout st. *a* pos. forw.
47. W<sub>g</sub>. st. 2 Kn. flex. to sitt.
48. W<sub>g</sub>. Cr. *a*  $\frac{1}{2}$  st. F. flex. and ext.
49. W<sub>g</sub>. courtesy sitt. H. rot.
50. W<sub>g</sub>. fallout st. *b* pos. backw.
51. W<sub>g</sub>. stride st. 2 Kn. flex. to sitt.
52. W<sub>g</sub>. Cr. *a*  $\frac{1}{2}$  st. Kn. ext. backw.
53. W<sub>g</sub>. stride courtesy sitt. H. rot.
54. W<sub>g</sub>. fallout st. *c* pos. forw.
55. W<sub>g</sub>. st. L. elev. sidew.
56. W<sub>g</sub>. fallout st. *a* pos. backw.
57. W<sub>g</sub>. toe st. 2 Kn. flex. to sitt.
58. W<sub>g</sub>. fallout st. *b* pos. forw.
59. W<sub>g</sub>. Cr. *a*  $\frac{1}{2}$  st. Kn. ext. forw.
60. W<sub>g</sub>. fallout st. *c* pos. backw.
61. W<sub>g</sub>. toe stride st. 2 Kn. flex. to sitt.
62. W<sub>g</sub>. fallout st. *d* pos.
63. W<sub>g</sub>. wlk. *a* st. 2 Kn. flex.
64. W<sub>g</sub>. wlk. *d* st. 2 Kn. flex.
65. W<sub>g</sub>. Cr. *a*  $\frac{1}{2}$  st. Kn. abd.
66. W<sub>g</sub>. toe st. alt. Kn. flex. upw.
67. Yd. *c* st. 2 Kn. flex.
68. Yd. *c* courtesy st. 2 A. ext. sidew.
69. Yd. *c* wlk. *b* st. 2 Kn. flex.
70. Yd. *a* courtesy st. 2 A. fling.
71. Yd. *c* st. L. elev. backw.
72. Yd. *c* close toe st. slow march.
73. Yd. *c* courtesy st. H. rot.
74. Yd. *c* stride st. 2 Kn. flex.
75. Yd. *c* Cr. *a*  $\frac{1}{2}$  st. pos.
76. Yd. *c* stride courtesy st. H. rot.

77. Yd. *c* st. 2 Kn. flex. to sitt.
78. Yd. *c* courtesy sitt. 2 A. ext. sidew.
79. Yd. *c* cr. *a*  $\frac{1}{2}$  st. F. flex. and ext.
80. Yd. *c* courtesy sitt. 2 A. flg.
81. Yd. *c* courtesy sitt. H. rot.
82. Yd. *c* stride st. 2 Kn. flex. to sitt.
83. Yd. *c* cr. *a*  $\frac{1}{2}$  st. Kn. ext. backw.
84. Yd. *c* stride courtesy sitt. H. rot.
85. Rest. st. L. elev. sidew.
86. Yd. *c* toe st. 2 Kn. flex. to sitt.
87. Yd. *c* Cr. *a*  $\frac{1}{2}$  st. Kn. ext. forw.
88. Yd. *c* toe stride st. 2 Kn. flex. to sitt.
89. Yd. *c* wlk. *a* st. 2 Kn. flex.
90. Bend toe st. 2 A. ext. sidew. and 2 Kn. flex.
91. Yd. *c* wlk. *d* st. 2 Kn. flex.
92. Yd. *c* Cr. *a*  $\frac{1}{2}$  st. Kn. abd.
93. Wg. hor.  $\frac{1}{2}$  st. pos.
94. Reach courtesy sitt. L. ext. forw.
95. Yd. *c* toe st. alt. Kn. flex. upw.
96. Str. st. 2 Kn. flex.
97. Str. wlk. *b* st. 2 Kn. flex.
98. Str. courtesy st. 2 A. ext. upw.
99. Rest. st. L. elev. backw.
100. Rest. close toe st. slow march.
101. Str. stride st. 2 Kn. flex.
102. Rest cr. *a*  $\frac{1}{2}$  st. pos.
103. Str. st. 2 Kn. flex. to sitt.
104. Wg. courtesy sitt. 2 A. ext. to  $\frac{1}{2}$  str. yd.
105. Rest cr. *a*  $\frac{1}{2}$  st. F. flex. and ext.
106. Yd. *d* courtesy sitt. 2 A. elev.
107. Str. courtesy sitt. 2 A. ext. upw. (or sidew. and upw.).
108. Str. stride st. 2 Kn. flex. to sitt.
109. Rest cr. *a*  $\frac{1}{2}$  st. Kn. ext. backw.
110. Str. st. L. elev. sidew.
111. Str. toe st. 2 Kn. flex. to sitt. pos.
112. Str. cr. *a*  $\frac{1}{2}$  st. Kn. ext. forw.
113. Str. toe stride st. 2 Kn. flex. to sitt.
114. Str. wlk. *a* st. 2 Kn. flex.
115. Rest wlk. *d* st. 2 Kn. flex.
116. Bend toe st. 2 A. ext. upw. and 2 Kn. flex.

117. Rest cr.  $a \frac{1}{2}$  st. Kn. abd.
118.  $\frac{1}{2}$  str. hor.  $\frac{1}{2}$  st. pos.
119. Bend toe stride st. 2 A. ext. upw. and 2 Kn. flex.
120. Reach cr.  $b \frac{1}{2}$  st. Kn. flex. to sitt.
121. Str. toe st. alt. Kn. upw. flex.
122. Rest st. 2 Kn. flex.
123. Rest wlk.  $b$  st. 2 Kn. flex.
124. Str. st. L. elev. backw.
125. Str. close toe st. slow march.
126. Rest stride st. 2 Kn. flex.
127. Str. cr.  $a \frac{1}{2}$  st. pos.
128. Rest. st. 2 Kn. flex. to sitt.
129. Str. cr.  $a \frac{1}{2}$  st. F. flex. and ext.
130. Rest stride st. 2 Kn. flex. to sitt.
131. Str. cr.  $a \frac{1}{2}$  st. Kn. ext. backw.
132. Yd.  $c$  st. L. elev. sidew.
133. Rest toe st. 2 Kn. flex. to sitt. pos.
134. Rest cr.  $a \frac{1}{2}$  st. Kn. ext. forw.
135. Rest toe stride st. 2 Kn. flex. to sitt.
136. Rest wlk.  $a$  st. 2 Kn. flex.
137. Str. wlk.  $d$  st. 2 Kn. flex.
138. Str. cr.  $a \frac{1}{2}$  st. Kn. abd.
139. Str. hor.  $\frac{1}{2}$  st. pos.
140. Reach cr.  $b \frac{1}{2}$  courtesy sitt. change of F. (by jumping).
141. Rest. toe st. alt Kn. flex. upw.
142. Str. hor.  $\frac{1}{2}$  st. Kn. flex. to reach cr.  $b \frac{1}{2}$  courtesy sitt. pos.
143. Bal. wlk. on hor. bar, etc., etc.

### SHOULDER-BLADE MOVEMENTS.

1. Yd.  $a$  st. 2 A. flg.
2.  $\frac{1}{2}$  str. st. pos.
3. Wg. stoop st. (stride st.) H. rot.
4. A. flg. to  $\frac{1}{2}$  str. pos.
5. Bend st. alt. A. ext. upw., or sidew., or forw.
6. Yd.  $c$  st. 2 A. rot.

7. St. 2 A ext. to Yd. *d*.
8. Bend st. alt. A. ext. to Yd. *d*.
9. Wg. forw. ly. pos.
10. St. 2 A. swim.
11. St. 2 A. ext. sidew. and backw.
12. Yd. *c* stoop (stride) st. H. rot.
13. St. 2 A. flg. upw.
14.  $\frac{1}{2}$  str. yd. *c* st. pos.
15. Yd. *c* stoop (stride) st. 2 A. rot.
16.  $\frac{1}{2}$  str. reach st. pos.
17. Wg. forw. ly. H. rot.
18. Yd. *c* stoop (stride) st. 2 A. circ.
19.  $\frac{1}{2}$  yd. *c* reach st. pos.
20. Yd. *a* stoop (stride) st. 2 A. flg.
21. Reach st. 2 A. flg.
22. Yd. *c* st. 2 A. flg. forw.
23. Stoop (stride) st. 2 A. ext. sidew. and backw.
24. Wg. stoop (stride) st. 2 A. swim.
25. Bend stoop (stride) st. alt. A. ext. upw.
26. Wg. stoop (stride) st. 2 A. ext. to  $\frac{1}{2}$  str. yd. *c*.
27. Bend stoop (stride) st. alt. A. ext. to yd. *d*.
28. Str. stoop (stride) st. 2 A. ext. upw.
29. Yd. *b* st. 2 A. flg.
30. Bend stoop (stride) st. 2 A. ext. upw.
31. Str. stoop (stride) st. 2 A. flg. (Forw. — sink!  
Upw. — fling!)
32. Str. stoop (stride) st. 2 A. elev. (Sidew. —  
sink! Lift!)
33. Reach stoop (stride) st. 2 A. flg.
34. Yd. *d* stoop (stride) st. 2 A. elev.
35. Bend stoop (stride) st. slow 2 A. ext. to Yd. *d*.
36.  $\frac{1}{2}$  str. yd. *d* stoop (stride) st. 2 A. elev.
37. Yd. *b* stoop (stride) st. 2 A. flg.
38. Yd. *e* stoop (stride) st. slow 2 A. ext. upw.
39. Yd. *c* fallout st. (*a*) *b* H. rot.
40. Yd. *c* fallout st. (*a*) *b* 2 A. circ.
41. Yd. *c* forw. ly. pos.
42. Yd. *a* fallout st. (*a*) *b* 2 A. flg.
43. Wg. fallout st. (*a*) *b* 2 A. ext. sidew. and backw.
44. Yd. *c* fallout st. *b* 2 A. rot.
45. Wg. fallout st. (*a*) *b* 2 A. swim.

46. Yd. *c* forw. ly. 2 A. ext. sidew.
47. Bend forw. ly. alt. A. ext. to Yd. *d*.
48. Bend fallout st. (*a*) *b* alt. A. ext. upw.
49. Wg. fallout st. (*a*) *b* 2 A. ext. to  $\frac{1}{2}$  str. Yd. *c*.
50. Str. fallout st. (*a*) *b* 2 A. ext. upw.
51. Bend fallout st. (*a*) *b* 2 A. ext. upw.
52. Str. fallout st. (*a*) *b* 2 A. flg. (comp. 31).
53. Str. fallout st. (*a*) *b* 2. A. elev. (comp. 32).
54. Reach fallout st. (*a*) *b* 2 A. flg.
55. Yd. *d* fallout st. (*a*) *b* 2 A. elev.
56. Wg. fallout st. (*a*) *b* slow 2 A. ext. to Yd. *d*.
57. Yd. *a* forw. ly. 2 A. flg.
58.  $\frac{1}{2}$  str. yd. *d* fallout st. (*a*) *b* 2 A. elev.
59. Yd. *b* fallout st. (*a*) *b* 2 A. flg.
60. Yd. *e* fallout st. (*a*) *b* slow 2 A. ext. upw.
61. Yd. *c* fallout st. (*c*) *d* H. rot.
62. Yd. *c* fallout st. (*c*) *d* 2 A. circ.
63. Yd. *c* forw. ly. 2 A. rot.
64. Yd. *a* fallout st. (*c*) *d* 2 A flg.
65. Wg. fallout st. (*c*) *d* 2 A. ext. sidew. and backw.
66. Yd. *c* fallout st. (*c*) *d* 2 A. rot.
67. Bend forw. ly. slow 2 A. ext. to Yd. *d*.
68. Wg. fallout st. (*c*) *d* 2 A. swim.
69. Bend fallout st. (*c*) *d* alt. A. ext. to Yd. *d*.
70. Bend fallout st. (*c*) *d* alt. A. ext. upw.
71. Wg. fallout st. (*c*) *d* 2 A. ext. to  $\frac{1}{2}$  str. Yd. *c*.
72. Str. fallout st. (*c*) *d* 2 A. ext. upw.
73. Bend fallout st. (*c*) *d* 2 A. ext. upw.
74. Str. fallout st. (*c*) *d* 2 A. flg. (comp 31).
75. Wg. forw. ly. 2 A. swim.
76. Str. fallout st. (*c*) *d* 2 A elev. (comp. 32).
77. Reach fallout st. (*c*) *d* 2 A. flg.
78. Yd. *d* fallout st. (*c*) *d* 2 A. elev.
79. Wg. fallout st. (*c*) *d* 2 A. ext. to Yd. *d*.
80.  $\frac{1}{2}$  str. yd. *d* fallout st. (*c*) *d* 2 A. elev.
81. Yd. *b* fallout st. (*c*) *d* 2 A. flg.
82. Yd. *e* fallout st. (*c*) *d* slow 2 A. ext. upw.
83. Yd. *c* F. gr. fallout st. H. rot.
84. Yd. *c* F. gr. fallout st. 2 A. circ.
85. Yd. *a* F. gr. fallout st. 2 A. flg.
86. Wg. F. gr. fallout st. 2 A. ext. sidew. and backw.

87. Bend forw. ly. alt. A. ext. upw.
88. Yd. *c* F. gr. fallout st. 2 A. rot.
89. Bend F. gr. fallout st. alt. A. ext. to Yd. *d*.
90. Wg. F. gr. fallout st. 2 A. swim.
91. Bend F. gr. fallout st. alt. A. ext. upw.
92. Wg. F. gr. fallout st. 2 A. ext. to  $\frac{1}{2}$  str. Yd.
93. Str. F. gr. fallout st. 2 A. ext. upw.
94. Bend F. gr. fallout st. 2 A. ext. upw.
95. Str. F. gr. fallout st. 2 A. flg. (comp. 31).
96. Wg. forw. ly. 2 A. ext. to  $\frac{1}{2}$  str. Yd.
97. Str. F. gr. fallout st. 2 A. elev.
98. Reach F. gr. fallout st. 2 A. flg.
99. Yd. *d* F. gr. fallout st. 2 A. elev.
100. Wg. F. gr. fallout st. 2 A. ext. to Yd. *d*.
101.  $\frac{1}{2}$  str. yd. *d* F. gr. fallout st. 2 A. elev.
102. Yd. *b* F. gr. fallout st. 2 A. flg.
103. Yd. *e* F. gr. fallout st. slow 2 A. ext. upw.
104. Yd. *c* turn fallout st. *a* H. rot.
105. Yd. *c* turn fallout st. *a* 2 A. circ.
106. Yd. *a* turn fallout st. *a* 2 A. flg.
107. Wg. turn fallout st. *a* 2 A. ext. sidew. and  
backw.
108. Rest. forw. ly. pos.
109. Yd. *c* turn fallout st. *a* 2 A. rot.
110. Wg. *c* turn fallout st. *a* 2 A. swim.
111. Bend turn fallout st. *a* alt. A. ext. upw.
112. Wg. turn fallout st. *a* 2 A. ext. to  $\frac{1}{2}$  str. Yd. *c*.
113. Str. turn fallout st. *a* 2 A. ext. upw.
114.  $\frac{1}{2}$  str. rev. turn fallout st. *a* change of A.
115. Bend turn fallout st. *a* 2 A. ext. upw.
116. Str. forw. ly. pos.
117. Str. turn fallout st. *a* 2 A. flg. (comp. 31).
118. Str. turn fallout st. *a* 2 A. elev. (comp. 32).
119. Reach turn fallout st. *a* 2 A. flg.
120. Yd. *d* turn fallout st. *a* 2 A. elev.
121. Wg. turn fallout st. *a* slow 2 A. ext. to Yd. *d*.
122.  $\frac{1}{2}$  str. yd. *d* turn fallout st. *a* 2 A. elev.
123. Yd. *b* turn fallout st. *a* 2 A. flg.
124. Str. forw. ly. 2 A. ext. upw.
125. Yd. *e* turn fallout st. *a* slow 2 A. ext. upw.
126. Str. hor.  $\frac{1}{2}$  st. 2 A. ext. upw.

127.  $\frac{1}{2}$  str. hor.  $\frac{1}{2}$  st. pos.
128. Rest. hor.  $\frac{1}{2}$  st. pos.
129. Bend forw. ly. 2 A. ext. upw.
130. Bend hor.  $\frac{1}{2}$  st. 2 A. ext. upw.
131. Str. fallout st. (a) b T. forw. flex.
132. Str. fallout st. c (d) T. forw. flex.
133. Str. forw. ly. 2 A. flg. (comp 31).
134. Str. F. gr. fallout st. T. forw. flex.
135. Str. turn fallout st. a T. forw. flex.
136. Reach forw. ly. 2 A. flg.
137. Rest fallout st. (a) b, c T. forw. flex.
138. Yd. b forw. ly. 2 A. flg.
139. Rest turn fallout st. a T. forw. flex.
140. Str. forw. ly. 2 A. elev. (comp. 32).
141. A. flg. forw. upw. and fallout d backw.
142. 2 A. flg. forw. upw. and fallout b backw.
143. Yd. d forw. ly. 2 A. elev.
144. A flg. forw. upw. and fallout d forw. (ch. F. forw. in one count).
145. Bend hor.  $\frac{1}{2}$  st. slow 2 A. ext. upw.
146. Yd. e forw. ly. slow 2 A. ext. upw.

## ABDOMINAL EXERCISES.

1. Str. gr. ly. alt. L. elev. (benches).
2. Stoopfall pos. ; later F. pl. forw. and backw.
3. Wg. Kn. st. T. backw. flex.
4. Rest. ly. alt. L. elev. (floor).
5. Wg.  $\frac{1}{2}$  Kn. st. T. backw. flex.
6. Stoopfall H. rot.
7. Wg. F. gr. sitt. T. backw. flex.
8. Str. gr. ly. exc. 2 L. elev. (Knees upw. bend! Stretch! Legs sink!).
9. Wg. F. gr.  $\frac{1}{2}$  st. T. backw. flex.
10. Yd. c Kn. st. T. backw. flex.
11. Hor. stoopfall pos.
12. Yd. c  $\frac{1}{2}$  Kn. st. T. backw. flex.
13. Rest ly. exc. 2 L. elev.
14. Yd. c F. gr. sitt. T. backw. flex.



15. Stoopfall. alt. L. elev.
16. Yd. c F. gr.  $\frac{1}{2}$  st. T. backw. flex.
17. Str. gr. ly. slight 2 L. elev.
18.  $\frac{1}{2}$  str. wg. Kn. st. T. backw. flex.
19. Hor. stoopfall. alt. L. elev.
20.  $\frac{1}{2}$  str. wg.  $\frac{1}{2}$  Kn. st. T. backw. flex.
21.  $\frac{1}{2}$  str. wg. F. gr. sitt. T. backw. flex.
22. Rest ly. slight 2 elev.
23.  $\frac{1}{2}$  str. wg. F. gr.  $\frac{1}{2}$  st. T. backw. flex.
24. Wg. fall Kn. st. T. rot.
25. Inclined stoopfall. pos.
26. Wg. fall  $\frac{1}{2}$  Kn. st. T. rot.
27. Wg. fall F. gr. sitt. T. rot.
28. Stoopfall. sidew. trav.
29. Wg. fall F. gr.  $\frac{1}{2}$  st. T. rot.
30. Rest Kn. st. T. backw. flex.
31. Str. gr. ly. 2 L. elev. to 90°.
32. Rest  $\frac{1}{2}$  Kn. st. T. backw. flex.
33. Rest F. gr. sitt. T. backw. flex.
34. Stoopfall. 2 A. flex.
35. Rest F. gr.  $\frac{1}{2}$  st. T. backw. flex.
36. Rest. ly. 2 L. elev. to 90°.
37. Str. Kn. st. T. backw. flex.
38. Stoopfall. alt. A. elev.
39. Str.  $\frac{1}{2}$  Kn. st. T. backw. flex.
40. Str. F. gr. sitt. T. backw. flex.
41. Str. gr. ly. 2 L. elev. to 45°.
42. Str. F. gr.  $\frac{1}{2}$  st. T. backw. flex.
43. Bend fall Kn. st. 2 A. ext. sidew.
44. Hor. stoopfall. alt. A. elev.
45. Bend fall  $\frac{1}{2}$  Kn. st. 2 A. ext. sidew.
46. Bend fall F. gr. sitt. 2 A. ext. sidew.
47. Rest ly. 2 L. elev. to 45°.
48. Bend fall F. gr.  $\frac{1}{2}$  st. 2 A. ext. sidew.
49. Yd. c fall Kn. st. T. rot.
50. Hor. stoopfall. 2 A. flex.
51. Yd. c fall  $\frac{1}{2}$  Kn. st. T. rot.
52. Yd. c fall F. gr. sitt. T. rot.
53. Str. gr. ly. 2 L. swim.
54. Yd. c fall F. gr.  $\frac{1}{2}$  st. T. rot.
55. Yd. a fall Kn. st. 2 A. flg.

56. Hor. stoopfall. sidew. trav.
57. Yd. *a* fall  $\frac{1}{2}$  Kn. st. 2 A. flg.
58. Bend stoopfall. alt. L. elev.
59. Yd. *a* fall F. gr. sitt. 2 A. flg.
60. Rest ly. 2 L. swim.
61. Yd. *a* fall F. gr.  $\frac{1}{2}$  st. 2 A. flg.
62. Bend fall Kn. st. alt. A. ext. upw.
63. Stoopfall. alt. A. and L. elev.
64. Bend fall  $\frac{1}{2}$  Kn. st. alt. A. ext. upw.
65. Bend fall F. gr. sitt. alt. A. ext. upw.
66. Str. gr. ly. 2 L. abd. (legs elevated to  $45^{\circ}$ ).
67. Bend fall. F. gr.  $\frac{1}{2}$  st. alt. A. ext. upw.
68. Rest fall Kn. st. T. rot.
69. Incl. stoopfall. 2 A. flex.
70. Rest fall  $\frac{1}{2}$  Kn. st. T. rot.
71. Rest fall F. gr. sitt. T. rot.
72. Rest ly. 2 L. abd. (compare 66).
73. Rest fall F. gr.  $\frac{1}{2}$  st. T. rot.
74. Bend fall Kn. st. 2 A. ext. upw.
75. Wg. F. high gr.  $\frac{1}{2}$  st. deep T. backw. flex.
76. Bend fall  $\frac{1}{2}$  Kn. st. 2 A. ext. upw.
77. Bend fall F. gr. sitt. 2 A. ext. upw.
78. Yd. *c* F. high gr.  $\frac{1}{2}$  st. deep T. backw. flex.
79. Bend fall F. gr.  $\frac{1}{2}$  st. 2 A. ext. upw.
80. Str. fall Kn. st. T. rot.
81. Rev. stoopfall. pos. (feet against wall).
82. Str. fall.  $\frac{1}{2}$  Kn. st. T. rot.
83. Str. fall F. gr. sitt. T. rot.
84. Rest F. high gr.  $\frac{1}{2}$  st. deep T. backw. flex.
85. Str. fall F. gr.  $\frac{1}{2}$  st. T. rot.
86. Reach fall Kn. st. 2 A. flg.
87. Rev. stoopfall. 2 A. flex.
88. Reach fall  $\frac{1}{2}$  Kn. st. 2 A. flg.
89. Reach fall F. gr. sitt. 2 A. flg.
90. Reach fall F. gr.  $\frac{1}{2}$  st. 2 A. flg.
91. Str. F. high gr.  $\frac{1}{2}$  st. T. backw. flex.
92. Rev. stoopfall. pos. F. free (walk or stand on the hands).
93. Rev. stoopfall. pos. F. on the floor, etc.

## LATERAL TRUNK MOVEMENTS.

## A. ROTATIONS.\*

1. Wg. close st. T. rot.
2. Wg. st. T. rot.
3. Wg. stride st. T. rot.
4. Wg. wlk. *a* st. T. rot.
5. Wg. turn wlk. *a* st. T. backw. flex.
6. Wg. wlk. *a* st. rev. T. rot.
7. Wg. wlk. *b* st. T. rot.
8. Wg. turn stride st. T. backw. flex.
9. Wg. wlk. *c* st. T. rot.
10. Wg. turn st. T. backw. flex.
11. Wg. wlk. *c* st. rev. T. rot.
12. Wg. Kn. st. T. rot.
13. Wg. turn close st. T. backw. flex.
14. Wg. ride sitt. T. rot.
15. Yd. *c* close st. T. rot., later 2 A. ext. sidew., from turn pos.
16. Yd. *c* st. T. rot., later 2 A. ext. sidew. from turn pos.
17. Yd. *c* stride st. T. rot., later 2 A. ext. sidew. from turn pos.
18. Yd. *c* wlk. *a* st. T. rot., later 2 A. ext. sidew. from turn pos.
19. Yd. *c* turn wlk. *a* st. T. backw. flex.
20. Yd. *c* wlk. *a* st. rev. T. rot. (2 A. ext. sidew.).
21. Yd. *c* wlk. *b* st. T. rot. (2 A. ext. sidew.).
22. Yd. *c* turn stride st. T. backw. flex.
23. Yd. *c* wlk. *c* st. T. rot. (2 A. ext. sidew.).
24. Yd. *c* turn st. T. backw. flex.
25. Yd. *c* wlk. *c* st. rev. T. rot. (2 A. ext. sidew.).
26. Yd. *c* Kn. st. T. rot.
27. Yd. *c* turn close st. T. backw. flex.

\* The infinite variety of combinations that can be made with arm movements in turn pos. and arch turn pos. makes it a hopeless task to enumerate all the exercises that might be included in this group. (Compare pages 49 and 51.)

28. Yd. *c* ride sitt. T. rot. (2 A. ext. sidew.).
29. Rest close st. T. rot.
30. Rest st. T. rot.
31. Rest stride st. T. rot.
32. Rest wlk. *a* st. T. rot.
33.  $\frac{1}{2}$  str. wg. turn wlk. *a* st. T. backw. flex.
34. Rest wlk. *a* st. rev. T. rot.
35. Rest wlk. *b* st. T. rot.
36.  $\frac{1}{2}$  str. wg. turn stride st. T. backw. flex.
37. Rest wlk. *c* st. T. rot.
38.  $\frac{1}{2}$  str. wg. turn st. T. backw. flex.
39. Rest. wlk. *c* st. rev. T. rot.
40. Rest. Kn. st. T. rot.
41.  $\frac{1}{2}$  str. wg. turn close st. T. backw. flex.
42. Rest ride sitt. T. rot.
43. Str. close st. T. rot., later 2 A. ext. upw. from turn. pos.
44. Str. st. T. rot., later 2 A. ext. upw. from turn pos.
45. Str. stride st. T. rot., later 2 A. ext. upw. from turn pos.
46. Str. wlk. *a* st. T. rot., later 2 A. ext. upw., from turn pos.
47. Rest turn wlk. *a* st. T. backw. flex.
48. Str. wlk. *a* st. rev. T. rot.
49. Str. wlk. *b* st. T. rot. (2 A. ext. upw.).
50. Rest turn stride st. T. backw. flex.
51. Str. wlk. *c* st. T. rot. (2 A. ext.).
52. Rest turn st. T. backw. flex.
53. Str. wlk. *c* st. rev. T. rot.
54. Rest turn close st. T. backw. flex.
55. Str. Kn. st. T. rot.
56. Str. ride sitt. T. rot. (2 A. ext.).
57. Yd. *c* stride st. quick T. rot.
58. Wg. fallout st. *a* T. rot.
59. Wg. fallout st. *a* rev. T. rot.
60.  $\frac{1}{2}$  str. rev. turn fallout st. *a* pos.
61. Yd. *c* fallout st. *a* T. rot.
62.  $\frac{1}{2}$  str. rev. turn fallout st. *a* zigzag forw.
63. Str. turn wlk. *a* st. T. backw. flex.
64. Yd. *c* fallout st. *a* rev. T. rot.

65. Rest fallout st. *a* T. rot.
66. Str. turn stride st. T. backw. flex.
67.  $\frac{1}{2}$  str. rev. turn fallout st. *a* zigzag backw.
68. Rest fallout st. *a* rev. T. rot.
69.  $\frac{1}{2}$  str. rev. turn fallout st. *a* ch. of A.
70. Str. turn st. T. backw. flex.
71. Str. stride st. quick T. rot.
72. Str. fallout st. *a* T. rot.
73. Str. turn close st. T. backw. flex.
74. Str. fallout st. *a* rev. T. rot.

#### B. SIDEWAYS-FLEXIONS.

1. Wg. stride st. T. sidew. flex.
2. Wg. st. T. sidew. flex.
3. Wg. close st. T. sidew. flex.
4. Close st. (hanging arms) T. sidew. flex.
5. Wg. wlk. *b* st. T. sidew. flex.
6. Wg. wlk. *c* st. T. sidew. flex.
7. Wg. turn stride st. T. sidew. flex.
8. Wg. turn wlk. *b* st. T. sidew. flex.
9. Wg. turn wlk. *a* st. T. sidew. flex.
10. Wg. turn st. T. sidew. flex.
11. Wg. turn close st. T. sidew. flex.
12. Wg. F. side gr.  $\frac{1}{2}$  st. T. sidew. flex.
13.  $\frac{1}{2}$  str. wg. stride st. T. sidew. flex.
14.  $\frac{1}{2}$  str. wg. st. T. sidew. flex.
15.  $\frac{1}{2}$  str. wg. close st. T. sidew. flex.
16.  $\frac{1}{2}$  str. wg. wlk. *b* st. T. sidew. flex.
17.  $\frac{1}{2}$  str. wg. wlk. *c* st. T. sidew. flex.
18. Wg. side fall. pos.
19.  $\frac{1}{2}$  str. wg. turn stride st. T. sidew. flex.
20.  $\frac{1}{2}$  str. wg. turn wlk. *b* st. T. sidew. flex.
21.  $\frac{1}{2}$  str. wg. turn wlk. *a* st. T. sidew. flex.
22. Wg. side fall. L. elev.
23.  $\frac{1}{2}$  str. wg. turn st. T. sidew. flex.
24.  $\frac{1}{2}$  str. wg. turn close st. T. sidew. flex.
25.  $\frac{1}{2}$  str. wg. F. side gr.  $\frac{1}{2}$  st. T. sidew. flex.
26. Rest stride st. T. sidew. flex.
27. Rest st. T. sidew. flex.

28. Rest close st. T. sidew. flex.
29. Rest wlk. *b* st. T. sidew. flex.
30. Rest wlk. *c* st. T. sidew. flex.
31.  $\frac{1}{2}$  str. gr. side fall. L. elev.
32. Rest turn stride st. T. sidew. flex.
33. Rest turn wlk. *b* st. T. sidew. flex.
34. Rest turn wlk. *a* st. T. sidew. flex.
35. Rest turn st. T. sidew. flex.
36. Rest turn close st. T. sidew. flex.
37. Rest F. side gr.  $\frac{1}{2}$  st. T. sidew. flex.
38. Str. stride st. T. sidew. flex.
39. Str. st. T. sidew. flex.
40. Rest st. T. sidew. flex. over bar.
41. Str. close st. T. sidew. flex.
42. Str. wlk. *b* st. T. sidew. flex.
43. Rest wlk. *b* st. T. sidew. flex. over bar.
44. Str. wlk. *c* st. T. sidew. flex.
45.  $\frac{1}{2}$  str. side fall. pos.
46. Str. turn stride st. T. sidew. flex.
47. Str. turn wlk. *b* st. T. sidew. flex.
48. Rest. st. T. flex. ov. bar w. L. elev.
49. Str. turn wlk. *a* st. T. sidew. flex.
50. Str. turn st. T. sidew. flex.
51. Str. turn close st. T. sidew. flex.
52.  $\frac{1}{2}$  str. sidefall. L. elev.
53. Yd. *c* stride st. T. sidew. flex.
54. Rest. st. T. sidew. flex. w. L. elev.
55. Yd. *c* st. T. sidew. flex.
56. Yd. *c* close st. T. sidew. flex.
57. Wg. F. gr. side fall. L. elev. (upper foot on bar).
58. Yd. *c* wlk. *b* st. T. sidew. flex.
59. Yd. *c* wlk. *c* st. T. sidew. flex.
60. Rest. stride st. quick T. sidew. flex.
61. Yd. *c* turn stride st. T. sidew. flex.
62. Str. st. T. sidew. flex. over bar.
63. Yd. *c* turn wlk. *b* st. T. sidew. flex.
64. Yd. *c* turn wlk. *a* st. T. sidew. flex.
65. Str. wlk. *b* st. T. sidew. flex. over bar.
66. Yd. *c* turn st. T. sidew. flex.

67. Yd. *c* turn close st. T. sidew. flex.
68. Wg. fallout st. *b* T. sidew. flex.
69. Str. side gr.  $\frac{1}{2}$  st. L. elev.
70. Yd. *c* fallout st. *b* T. sidew. flex.
71. Rest. fallout st. *b* T. sidew. flex.
72. Str. st. T. flex. ov. bar w. L. elev.
73. Str. fallout st. *b* T. sidew. flex.
74. Str. stride st. quick T. sidew. flex.
75. Rest. rev. turn fallout st. *a* T. sidew. flex.
76. Introd. to wheeling.
77. Str. rev. turn fallout st. *a* T. sidew. flex.
78. Str. st. T. sidew. flex. w. L. elev.
79. Wheeling ("cart-wheel").
80.  $\frac{1}{2}$  str. F. gr. side fall. L. elev. (compare 52).
81. Sidew. hang. pos.

## JUMPING AND VAULTING.

### A. JUMPING.

(The figures after the name indicate the command.)

1. Prep. to jump. "1—4."
2. Upw. jump. 1—5.
3. Wg. toe st. stride jump.
4. Forw. jump. 1—5.
5. Wg. courtesy sitt. jump (hopping).
6. 90° upw. jump. 1—5.
7. Wg. toe st. j. forw. (hopping).
8. Sidew. j. 1—5.
9. Wg. wlk. *b*, change feet (jumping).
10. 2 A. flg. upw. j. 1—5.
11. Yd. toe st. j. forw. (hopping).
12. 2 A. and L. flg. upw. j. 1—5.
13. Wg. courtesy sitt. sidew. j. (hopping).
14. 1 step, forw. j.
15. Wg. toe  $\frac{1}{2}$  st. j. (hopping).
16. 180° upw. j. 1—5.
17. 2 steps, forw. j. 1—5.

18. Yd. toe  $\frac{1}{2}$  st. j. (hopping).
19. 3 steps, forw. j. 1—6.
20. Wg. stride toe st. j., F. strike.
21. Forw. j. over mark. 1—5.
22. Wg. wlk. *d* change F. jump.
23. Sidew. j. over mark. 1—5.
24. Twice upw. j. 1—6.
25. 1 step, forw. j. ov. mark. 1—4.
26. Twice forw. j. 1—6.
27. 2 steps, forw. j. ov. mark. 1—5.
28. Twice 90° upw. j. 1—6.
29. 3 steps, j. ov. mark. 1—6.
30. Twice sidew. j. *a* same side. 1—6.
31. 1 step, 90° j. ov. mark. 1—4.
32. Twice sidew. j. *b* opp. sides. 1—6.
33. 2 steps 90° j. ov. mark. 1—5.
34. 360° upw. j. 1—5.
35. 3 steps, 90° ov. mark. 1—6.
36. 2 A. flg. twice upw. j. 1—6.
37. Prep. to j. "Start."
38. 2 A. and L. flg. twice upw. j. 1—6.
39. Upw. j. "Start."
40. Twice 180° upw. j. 1—6.
41. Forw. j. "Start."
42. Sidew. forw. j. 1—4.
43. 90° upw. j. "Start."
44. Backw. j. 1—5.
45. Sidew. j. "Start."
46. Twice 360° upw. j. 1—6.
47. 2 A. flg. upw. j. "Start."
48. Sidew. and backw. j. 1—6.
49. 2 A. and L. flg. upw. j. "Start."
50. Forw. and backw. j. 1—6.
51. 1 step, forw. j. "Start."
52. Twice upw. j. "Start."
53. 2 steps, forw. j. "Start."
54. Twice forw. j. "Start."
55. 3 steps, forw. j. "Start."
56. 90° twice upw. j. "Start."
57. 180° upw. j. "Start."
58. Twice sidew. j. *a*. "Start."



59. 1 step, 90° forw. j. "Start."
60. Twice sidew. j. b. "Start."
61. 2 steps, 90° forw. j. "Start."
62. 360° upw. j. "Start."
63. Twice 2 A. flg. upw. j. "Start."
64. Jump from height.
65. Sidew. forw. j. "Start."
66. 3 steps, 90° forw. j. "Start."
67. Upw. j. 1, 2—3, 4—5.
68. 2 A. and L. flg. twice upw. j. "Start."
69. 1 step, forw. j. "Start—Four."
70. Twice, 180° upw. j. "Start."
71. 2 steps, forw. j. "Start—Five."
72. Backw. j. "Start."
73. 3 steps, forw. j. "Start—Six."
74. Twice, 360° upw. j. "Start."
75. 1 step, 90° forw. j. "Start—Four."
76. 3 steps, 90° forw. j. and land facing front (double jump). "Start."

Jumping from a bench may be put in anywhere after 14; greater heights between this and 64.

Standing and running high and broad jump wherever it says "over mark," etc.

## B. VAULTING.

1. Reach gr. st. introd. to vault.
2.  $\frac{1}{2}$  yd. gr. st. introd. to vault.
3. Vault benches face down.
4. Vault double bar, face up.
5. Somersault over bar.
6. Vault. between pommels.
7. Vault. double bar, face down.
8. Vault. low box, face down.
9. Leap-frog into the saddle; horse.
10. St. vault. over low bar (grad. raised).
11. Str. gr.  $\frac{1}{2}$  st. jump from stall-bars.
12. Vault. bar with rope.
13. "Sit over," low bar.
14. Vault double bar, face forw.
15. "Sit over," box or horse.

16. Cr. hang. jump from stall-bars.
17. Vault double bar straight ahead, both hands on upper bar.
18. Leap-frog on horse.
19. Leap-frog on box.
20.  $\frac{1}{2}$  yd. gr. st. sidew. vault. over bar (from one foot).
21. Vault box, face down and turn  $180^\circ$ .
22. Vault double bar, face up ; bars close together.
23. Vault box face down, one hand, spring from one foot.
24. Sit in the saddle from the side, spring from one hand and foot.
25. Vault bar, face down and turn  $180^\circ$ .
26. Box lengthwise, swing both legs sidew. to sit in the saddle.
27. Vault bar with rope, bar high.
28. Sit over as in 26.
29.  $\frac{1}{2}$  yd. gr.  $\frac{1}{2}$  st. sidew. vault. over bar and turn  $180^\circ$ .
30. "Leap-frog and sit over" (to land. in  $\frac{1}{2}$  yd. gr. st.).
31. Vault bar, face down, run for start.
32. Continuous sidew. vault. over bar.
33. Vault double bar as in 17; bars close together.
34. Vault across box, between the hands ("échappé").
35. St. vault. over bar, face down, one hand.
36. Long leap frog. ("Tiger-jump.")
37. Vault bar face up, run for start.
38. Vault box lengthwise, face down to  $\frac{1}{2}$  yd. gr. st.
39. St. vault. over high bar, face down.
40. Leap-frog from one foot.
41. Pole-vault.
42. Vault across box, feet outside ("écarté").
43. Vault bar, face down and turn  $180^\circ$ , run for start.
44. "Sit over" box, one hand and foot.
45. Vault box, face down, legs high.
46. Handspring on pommels (low bar and saddle).
47. Vault to stand in the saddle and jump off forw.

48. Vault double bar, over upper bar.
49. Handspring across box.
50. Jump to stand in the saddle and jump off  
forw.
51. Leap-frog backw.
52. Handspring lengthwise, to sit in the saddle.
53. Vault to "stand over" lengthwise.
54. Handspring lengthwise on box.
55. Vault lengthwise between the hands.
56. Vault box face down, and land where you  
started.
57. Handspring lengthwise on horse, hands strike  
twice, etc.

## RESPIRATORY EXERCISES.

1. St. 2 A. ext. sidew.
2. Yd. *a* st. 2. A. flg.
3. St. 2 A. elev. sidew.
4. St. 2 A. ext. to Yd *d*.
5. Yd. *d* st. 2 A. elev.
6. St. 2 A. elev. forw. upw.
7. St. 2 A. elev. sidew. upw.
8. Yd. *c* st. 2 A. circ.
9. St. 2 A. elev. sidew. w. 2 Heel-elev.
10. Yd. *d* st. 2 A. elev. w. 2 Heel-elev.
11. St. 2 A. elev. forw. upw. w. 2 Heel-elev.
12. St. 2 A. elev. sidew. upw. w. 2 Heel-elev.
13. Yd. *a* st. 2 A. flg. w. F. placing forw.
14. Yd. *a* turn close st. 2 A. flg.
15. Turn close st. 2 A. elev. sidew.
16. Bend turn close st. 2 A. ext. to yd. *d*.
17. Yd. *d* turn close st. 2 A. elev.
18. Turn close st. 2 A. elev. forw. upw.
19. Turn close st. 2 A. elev. side. upw.
20. Yd. *c* turn close st. 2 A. circ.
21. Yd. *a* turn stride st. 2 A. flg.
22. St. 2 A elev. sidew. w. 2 Kn. flex.
23. Turn stride st. 2 A. elev. sidew.

24. Yd. *d* st. 2 A. elev. w. 2 Kn. flex.
25. Bend turn stride st. 2 A. ext. to Yd. *d*.
26. Yd. *a* walking 2 A. flg.
27. Yd. *d* turn stride st. 2 A. elev.
28. Yd. *d* courtesy sitt. 2 A. elev.
29. Turn stride st. 2 A. elev. forw. upw.
30. Yd. *d* toe st. 2 A. elev. and 2 Kn. flex.
31. Turn stride st. 2 A. elev. sidew. upw.
32. Yd. *a* st. 2 A. flg. & half step forw. (toe sup. wlk. *b* pos).
33. Yd. *c* turn stride st. 2 A. circ.
34. St. 2 A. elev. sidew. upw. & 2 Kn. flex.
35. Yd. *a* fallout st. (*a*) *b* 2 A. flg. (trunk erect).
36. Bend fallout st. (*a*) *b* 2 A. Ext. to Yd. *d*.
37. Yd. *d* fallout st. (*a*) *b* 2 A. elev.
38. Wg. fallout st. (*a*) *b* 2 A. elev. forw. upw.
39. Wg. fallout st. (*a*) *b* 2 A. elev. sidew. upw.
40. Yd. *c*. fallout st (*a*) *b* 2 A. Circ.
41. Yd. *a* fallout st. (*c*) *d* 2 A. flg.
42. Bend fallout st. (*c*) *d* 2 A. ext. to yd. *d*.
43. Yd. *d* fallout st. (*c*) *d* 2 A. elev.
44. Wg. fallout st. (*c*) *d* 2 A. elev. forw. upw.
45. Wg. fallout st. (*c*) *d* 2 A. elev. sidew. upw.
46. Yd. *c* fallout st. (*c*) *d* 2 A. circ.
47. Close st. 2 A. elev. forw. upw. w. T. rot.
48. St. 2 A. elev. forw. upw. w. T. rot.
49. Stride st. 2 A. elev. forw. upw. w. T. rot.
50. Yd. *a* turn fallout st. *a* 2 A. flg.
51. Bend turn fallout st. *a* 2 A. ext. to Yd. *d*.
52. Yd. *d* turn fallout st. *a* 2 A. elev.
53. Wg. turn fallout st. *a* 2 A. elev. forw. upw.
54. Wg. turn fallout st. *a* 2 A. elev. sidew. upw.
55. Yd. *c* turn fallout st. *a* 2 A. circ.
56. Yd. *a* arch st. 2 A. flg.
57. Yd. *c* arch st. 2 A. circ.
58. Yd. *c* arch wlk. *b*. st. 2 A. circ.
59. Yd. *a* arch st. 2 A. flg. and F. placing forw., etc.







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HANDBOOK  
OF  
SCHOOL  
GYMNASTICS

BARON NILS POSSE